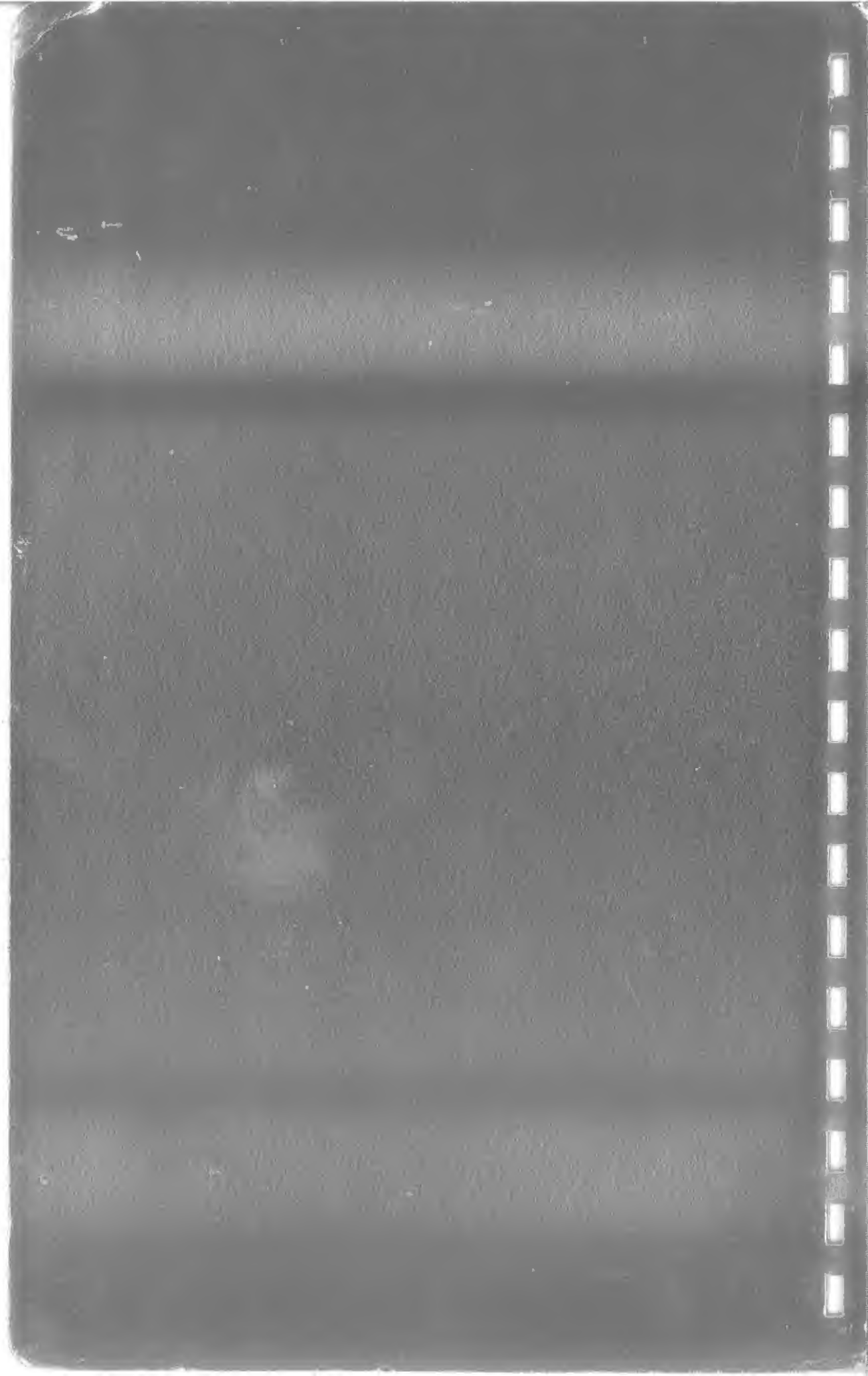


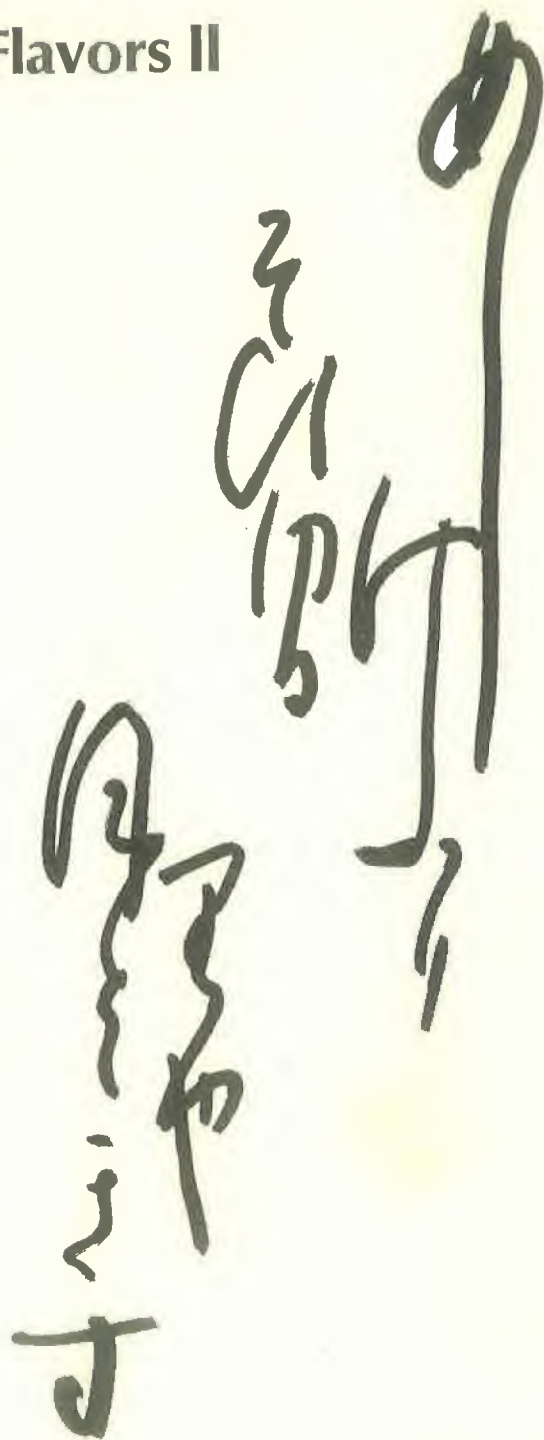
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East-West Flavors II



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Smoke from cooking rice
Towers above the hamlet:
The voice of the hototogisu!
Issa

EAST-WEST FLAVORS II COOKBOOK COMMITTEES

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FOREWARD

The Auxiliary of the West Los Angeles JACL takes pleasure in presenting its second cookbook, East-West Flavors II. The very generous response to our first cookbook, East-West Flavors, published ten years ago, encouraged us to offer this second book which we hope will provide new recipe ideas and many happy cooking experiences. Here again can be found the results of our popular "Favorite Recipe Night" and cherished recipes of friends and relatives.

We would like to take this means to thank each of you for your support to our first cookbook and to inform you that you have shared in many needed benefits at home and abroad as well as to the JACL. In continuation of the Auxiliary's tradition of serving and giving, the proceeds from East-West Flavors II will also be directed to areas of current concern.

The women of the Auxiliary express deep appreciation to our many contributors, for without their excellent recipes and willingness to share them, our project would not be possible. We also acknowledge with gratitude Mr. Donald Chipperfield for his expertise, and tireless effort to bring our book to fruition.

The Auxiliary
West Los Angeles JACL
1977

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BOREG (Armenian Cheese Puffs)

- 1/2 lb. Jack cheese, grated**
- 2 tbsps. parsley, chopped**
- 1 egg**
- 5 sheets filo dough**
- butter, melted**

Cut filo dough in 3" strips (about 14 inches long).

Mix together thoroughly the cheese, parsley and egg.

Put 1 tsp. cheese mixture on end of dough and wrap into triangle shape.

Continue folding in triangle shape to the end of the strip.

Place on buttered cookie sheet. Preheat oven at 350° for 5 minutes.

Drizzle with melted butter and bake until brown. Makes 30 puffs.

Jule Hachigian
Culver City

CHEESE DIP A LA FONDUE

3

- 2 jars Borden's very sharp Cheddar cheese**
- 1 can minced clams (7 oz.) with juice**
- 1/3 cup green pepper, chopped**
- 1/3 cup green onion, chopped**
- 2 tsps. Tabasco sauce**
- garlic salt**
- French bread, cubed (1 inch)**

Combine all ingredients in chafing dish and heat.

Dip cubes of French bread. Serves 10.

Pearl Kimura
Berkeley, Calif.

CHEESE FLAN HORS D'OEUVRES

- 1/2 cup milk**
- 4 eggs, separated**
- 1/4 cup butter or margarine, softened**
- 1/2 cup flour**
- 2 cups grated Cheddar cheese**

Beat together milk, egg yolks, butter and flour until smooth.
Add cheese and beat until cheese is finely chopped.
Beat egg whites until stiff and gently fold into cheese mixture.
Pour into two greased and slightly floured 8" pie pans.
Bake at 375° for 15 to 20 minutes or until light golden brown on top
crust. Cut into narrow wedges and serve warm.
Makes 16 to 24 wedges.

Geraldine Petty
Santa Monica, Calif.

4

CHEESE FLUFFS

- 1 loaf unsliced day old bread**
- 1/2 cup butter or margarine**
- 1/4 lb. diced Cheddar cheese**
- 1 13-oz. pkg. cream cheese**
- 2 egg whites**

Remove crusts and cut bread into approximately 1 1/2 inch squares.
Melt together butter, cream cheese and Cheddar cheese in a double
boiler. Blend with egg beater. Cool to at least lukewarm.
Fold cream mixture into stiffly beaten egg whites.
Dip bread squares so they are well covered on all sides.
Refrigerate over-night. Bake at 375° for 13 to 15 minutes until slightly
brown. Serves 10 to 12.

Mary Voigtlander
Los Angeles, Calif.

CHEESE PUFFS

- 1/2 lb. grated Cheddar cheese**
- 1/2 cup butter**
- 1/2 cup flour**
- dash of cayenne pepper**

Blend all of the above ingredients, shape like small marbles and place on greased cookie sheet. Bake at 425° for 8 to 10 minutes.

Mary Sue Thomsen
Mill Valley, Calif.

CHEESE WAFERS

- 2 slightly beaten egg yolks**
- 1 cup grated American cheese**
- 3 tbsps. melted butter**
- 2 tbsps. water**
- 1 cup flour**
- 1/2 tsp. salt**
- 1/2 tsp. baking powder**

5

Combine egg yolks, cheese, butter, and water. Add flour sifted with salt and baking powder, using more flour if necessary to make dough as stiff as for noodles. Roll thin on floured surface.

Cut into 1 x 4 inch strips (or in any desired shape).

Prick with fork; sprinkle with salt and bake on ungreased cookie sheet in hot oven 425° for 6 minutes or until delicately brown.

Cool and store in tight waxed-paper-lined box. Makes 24.

Lily Ann Inouye
Culver City, Calif.

CHUTNUT ROLL

- 1/4 lb. blue cheese**
- 1/2 lb. cream cheese**
- 1/4 cup chopped chutney**
- 1/2 cup chopped toasted almonds**

Mix the blue cheese, cream cheese, and chutney.
Form into a large roll and roll in the chopped almonds.
Chill or freeze. Serve with crackers.

May be made 3 days in advance and refrigerated or frozen.

Ruth Watanabe
Auxiliary

STUFFED EDAM

6

- 1 2-lb. round Edam or Gouda cheese**
- 1 cup dairy sour cream**
- 1/3 cup milk**
- 1 tsp. rubbed sage**
- 1/8 tsp. onion powder**

Have cheese at room temperature. Cut a star pattern from heavy paper slightly smaller in diameter than the cheese; pin to top of cheese. Cut around pattern with knife. Carefully scoop out cheese, leaving a thin shell. Shred cheese. In large mixer bowl, whip cheese with electric mixer adding sour cream, milk, sage and onion powder. Mound in cheese shell. Chill. Remove from refrigerator about 1 hour before serving. Serve with assorted crackers. Makes about 5 cups.

Amy Nakashima
Auxiliary

STUFFED LITCHIS

- 1 3-oz. pkg. cream cheese**
- 1/4 cup finely chopped salted macadamia nuts or salted pecans**
- 1 20-oz. can litchi nuts**

Combine the cream cheese and chopped nuts.
Drain the litchi nuts and stuff them with the cream cheese mixture.
Refrigerate until serving time. Makes about 16.
May be prepared 1 day in advance.

Ruth Watanabe
Auxiliary

CREAMY BRAUNSCHWEIGER DIP

- 8 ozs. (1 cup) Braunschweiger**
- 1 cup dairy sour cream**
- 2 tbsps. onion soup mix**
- 1 tsp. Worcestershire sauce**
- hot pepper sauce (Tabasco) few drops**

7

In small mixer bowl, combine all ingredients. Beat until nearly smooth.
Chill until serving time. Serve with crisp vegetables.
Makes 1 3/4 cups.

Amy Nakashima
Auxiliary

KREATOPETES (Meat Filled Appetizer Triangles)

- 1 lb. ground chuck**
- 1/8 tsp. each: garlic salt, onion salt**
- 1 8-oz. can tomato sauce**
- 1/2 cup dry red wine**
- 1/4 cup grated Parmesan cheese**
- 1 egg**
- 6 sheets filo**
- 1/2 cup (1/4 lb.) melted butter**

Brown meat until crumbly and sprinkle with garlic salt and onion salt. Pour in tomato sauce and wine and let cook down rapidly until much of liquid is evaporated. Cover and simmer 20 minutes (sauce should be quite thick). Let cool few minutes and stir in cheese and egg — mix well.

Lay out filo, one sheet at a time and brush with butter, then cut into 3-inch wide strips. Place 1 tsp. meat filling on one corner, fold over into a triangle, and continue folding until filling is completely encased in filo. Repeat. Place on ungreased baking sheet and bake at 375° for 10 minutes or until light golden brown. Makes 3 dozen.

May bake early in day, reheat at 350° for 8 to 10 minutes at serving time.

Judy Lamm
Los Angeles, Calif.

KOREAN MEATBALLS

- 1 lb. ground beef**
- 1 egg**
- 2 tbsps. milk**
- 1 tsp. sugar**
- 2 tbsps. soy sauce**
- 1/2 tsp. salt**

- 1/4 tsp. MSG (optional)**
- 1/4 tsp. Tabasco sauce or more**
- 1/2 cup fresh bread crumbs**
- 1 clove garlic, pureed**
- 1/4 cup finely chopped onions**

Combine all meatball ingredients and mix well.
 Shape into tiny meatballs about 1/2 inch in diameter.
 Brown in vegetable oil. Makes 50.

DIPPING SAUCE:

- 3 tbsps. vinegar**
- 3 tbsps. soy sauce**
- 1/4 clove garlic, pureed**
- 1 tbsp. minced green onion**
- 1 tsp. toasted crushed sesame seeds**

Serve on toothpicks with dipping sauce.

9

Trudi Clement
 Beverly Hills, Calif.

NIKU DANGO

- 2 slices bread**
- 1/4 cup dashi or water**
- 1 lb. ground beef**
- 2 eggs**
- 1 medium onion, minced**
- 1 tsp. salt**
- 1/4 cup sugar**
- 1/4 cup soy sauce**
- 2 tbsps. mirin or sake**
- 2 tbsps. dashi**
- 1/2 tsp. MSG (optional)**

Cut slices of bread into small pieces and add dashi or water to soften. Add ground beef, eggs, onion, salt and mix well. Divide meat mixture into 40 (about 1 tbsp. full) and shape into balls, using slightly wet hands. In a heavy skillet, heat ¼ cup of salad oil and brown meatballs evenly. Add sugar, soy sauce, mirin, dashi and MSG. Then cook rapidly for about 5 minutes or until liquid is almost absorbed.

The meatballs can be prepared the day before, but do not overcook the first day, reheat the following day and finish cooking.

Karen Arase
Glendale, Calif.

ROAST TENDERLOIN

10

- ½ cup sugar**
- 1½ tsp. salt**
- 1 clove crushed garlic**
- ¼ cup catsup**
- ¼ cup soy sauce**
- 1 tbsp. brandy**
- 2 pork tenderloins, ½ lb. each**
- pinch of pepper**

Mix sugar, garlic, pepper, catsup and soy sauce. Stir in brandy. Pour marinade on pork in a shallow pan. Marinate 4 or 5 hours. Drain pork and place in shallow pan. Roast at 400° for 30 minutes. Turn pork, brush with marinade, and roast 30 minutes longer. Brush generously with marinade again and return to oven for 5 minutes. Slice pork thinly and serve with hot mustard and soy sauce. Serves 8.

Kaz Middo
West Los Angeles

SWEET AND SOUR APPETIZER

- 1 10-oz. pkg. brown & serve sausage links
- 1 tbsp. cornstarch
- 1/4 cup. white vinegar
- 1/2 green pepper, cut in 3/4" squares
- 1/2 cup light brown sugar, packed
- 1 tsp. salt
- 1 10-oz. can pineapple chunks
- 1/2 cup water
- 1/2 cup Maraschino cherries

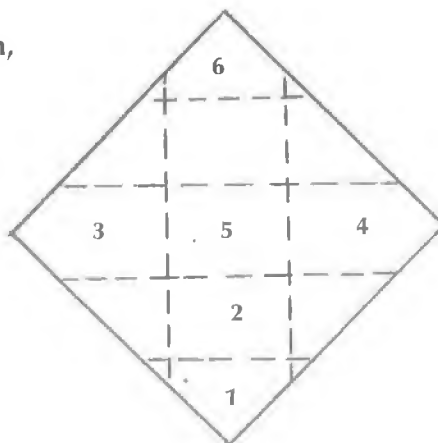
Cut sausage links into thirds crosswise and brown lightly in skillet.
Mix sugar, salt and cornstarch in a chafing dish.
Add drained pineapple chunks, reserving 1/2 cup syrup.
Then stir in syrup, vinegar and water, and boil for 5 minutes.
Add green pepper, cherries and pineapple.
Serve hot from chafing dish. Serves 10.

Iku Sakaguchi
San Fernando, Calif.

11

PAPER WRAPPED CHICKEN

- 16 pieces of raw filet of chicken,
2" x 1" x 1/2" thick
- 1 tsp. catsup
- 1 tsp. prune juice
- 1 tsp. soy sauce
- few dashes of brandy
- few dashes of ginger juice
- 1 tsp. orange honey



Mix liquid ingredients to make sauce. Dip pieces of chicken in sauce and wrap each piece in wax paper, parchment paper, or foil, folding over the ends to make a neat, tight package.

Deep fry in peanut oil for about 5 minutes, and serve in packets.

Fumi Tsuruda
West Los Angeles

TINY CHICKEN PASTRY PUFFS

PUFFS:

- 1/2 cup water**
- 1/4 cup butter or margarine**
- 1/2 cup flour**
- 2 eggs**

12

Heat water and butter in saucepan to rolling boil. Stir in flour. Stir vigorously over low heat for about 1 minute or until paste leaves sides of pan and forms a ball. Remove from heat and beat in eggs, all at one time. Continue beating until smooth.

Drop dough by slightly rounded teaspoonfuls onto ungreased baking sheet. Bake in preheated 400° oven for 25 to 30 minutes until puffed and golden. Remove from oven and cool away from draft. Cut off tops and remove any filaments of soft dough. Replace tops after the puffs have been filled. Makes approximately 2 1/2 dozen puffs.

FILLING:

- 2 cups roasted chicken, finely chopped**
- 1 cup walnuts, finely chopped**
- 10 to 12 water chestnuts, finely chopped**
- 2 ozs. canned mushrooms, finely chopped**
- 1/2 tsp. salt or to taste**
- 1 tsp. paprika**

- 2 tbsps. green onion, finely chopped**
- 4 tbsps. sour cream**
- mayonnaise**

Combine ingredients except mayonnaise until well blended. Add 1 tbsp. mayonnaise at a time, until it holds together but not too moist. Chill. Fill puffs an hour or two before serving.

Aiko Takeshita
Auxiliary

PASTRY SNAILS

- 3/4 cup flour, sifted**
- 1/8 tsp. salt**
- 1/4 cup shortening**
- 2 tbsps. cold water**
- 1 3/4 oz. can deviled ham,**
or chicken spread

13

Sift together flour and salt; cut in shortening. Add water to make stiff dough. Roll very thin to oblong shape. Spread with deviled ham and roll as for jelly roll. Chill thoroughly.

Slice thin, bake in hot oven 400° for 15 minutes. Serve hot or cold. Makes 36.

Lily Ann Inouye
Culver City, Calif.

ABALONE TID-BITS

- 2 cans abalone, sliced**
- 2 eggs, beaten**
- flour**
- salt**

pepper

MSG (optional)

Slice canned abalone into 1/8-inch thickness. Dip slices in egg and then in flour; fry in little oil. Cut into bite size pieces and serve with lemon and soy sauce.

Mitsu Sonoda
Auxiliary

SPICED ABALONE

1 fresh abalone

2 tbsps. vegetable oil

1/3 cup soy sauce, or less to suit taste

MSG (optional)

dash of salt and cayenne pepper

14

Slice fresh, raw abalone into small pieces. Saute in oil with MSG and salt. After cooking for 5 to 10 minutes, drain liquid. Add soy sauce and cayenne pepper. Cook until slightly brown. Serve with toothpicks.

Sako Asawa
Auxiliary

ANCHOVY OLIVE DIP

1 cup dairy sour cream

2 tbsps. finely chopped pimiento-stuffed green olives

1 tbsp. anchovy paste

1/2 tsp. grated onion

Combine all ingredients, mix well. Chill until serving time. Serve with crisp vegetables. Makes about 1 cup.

Amy Nakashima
Auxiliary

CEVICHE

- 1 lb. fresh, firm-fleshed white fish**
(sea bass, corvina, etc.)
- 2 tbsps. onion (finely chopped)**
- 1 large tomato, ripe, peeled and seeded**
- 1 cup lime juice**
- Tabasco sauce**
- 1¼ tbsps. Ortega chile salsa**
- salt and pepper**
- pinch of oregano**

Remove skin and any dark portion of the fish. Cut into small cubes. Place fish in a glass bowl and gradually add lime juice until fish turns white, or is "cooked" by the lime juice. Add finely chopped onions and finely chopped tomatoes. Mix well and season to taste with Tabasco sauce, chile salsa, salt, pepper, and oregano. Chill for several hours. Serve with tortilla chips as appetizers. Serves 6.

Suki Uyeno
Auxiliary

15

CRAB BALLS

- 1 can (7½ oz.) crabmeat**
- 1 tbsp. butter**
- 1 tbsp. flour**
- ½ cup milk**
- ½ tsp. salt**
- ¼ cup chopped water chestnuts (optional)**

Melt butter. Add flour until mixture is thick. Add milk slowly to make a thick sauce. Bring to boil. Add crabmeat, salt and waterchestnuts. Chill.

Form into balls, size of a walnut. Roll in cornstarch. Deep fry.
Serve hot with mixture of hot mustard and catsup.
May also be made with shrimp.

Veronica Ohara
Auxiliary

HOT CLAM CANAPE

- 1 loaf sandwich bread, sliced**
- 1 can whole clams, drained**
- 1 cup mayonnaise**
- 1/2 cup shredded American cheese**

Cut bread slices in round, or other desired shapes. Top with clam.
Combine mayonnaise and cheese and spread it over the clam.
Broil until brown.

Mitsu Sonoda
Auxiliary

16

CRAB-CHEESE SPECIAL

- 1 3-oz. pkg. cream cheese, softened**
- 1/4 cup milk**
- 2 tsps. lemon juice**
- 1 tsp. Worcestershire sauce**
- 1 small clove garlic, minced**
- 1 7 1/2 oz. can crab meat, drained, finely flaked and cartilage removed**
- salt and pepper**

Beat together cream cheese and milk until smooth.
Add lemon juice, Worcestershire sauce, garlic, salt and pepper.
Stir in crab. Chill. Serve with crackers. Makes 1 3/4 cups.

Amy Nakashima
Auxiliary

HOT CRAB DIP

- 2 8-oz. pkgs. cream cheese, cubed**
- 2 6½ oz. cans crab meat, drained**
- 1 clove garlic, minced**
- ½ cup mayonnaise**
- 2 tsps. prepared mustard**
- ¼ cup sherry wine**
- 1 tbsp. onion, minced**
- seasoned salt**
- pepper**

Combine all ingredients in sauce pan and heat until cheese is melted and sauce is smooth. Stir often.
Serve in chafing dish with assorted crackers.

Iku Sakaguchi
San Fernando, Calif.

17

CRAB CURRY DIP

- 1 7¾ oz. can crab, drained**
- 1 8-oz. pkg. cream cheese**
- 2 tsps. curry powder**
- dash of lemon juice**

Mix all ingredients, thoroughly. If dip seems too thick, thin with some of the crab juice. Put in pie pan and broil until lightly brown and heated through.

Vera Stokes
West Los Angeles

CRABMEAT SUPREME

- 1 lb. crabmeat, fresh-cooked and flaked**
- 4 ozs. fresh mushrooms, chopped fine**
- 1 tbsp. chives, chopped fine**
- 1 tbsp. onion, chopped fine**
- dash of pepper and salt**
- butter**
- 2 ozs. sherry**
- thin toast**
- hollandaise sauce**

Saute above ingredients in butter. Add 2 oz. sherry and cook until sherry is absorbed and ingredients are rather firm. Spread on thin piece of toast, top with hollandaise sauce and put under broiler until it bubbles. Serve immediately. Serves 6.

Joe Joyce
Pacific Palisades, Calif.

18

CRAB SPREAD

- 1 8-oz. pkg. cream cheese**
- 1 small onion grated**
- 1 can cream of mushroom soup**
- 1 envelope plain gelatin dissolved in**
1/2 cup cold water
- 1/2 cup mayonnaise**
- 1/2 cup chopped celery**
- 2 cans or 1 lb. crab meat**
- dash of salt**

Heat soup (do not add water) and stir in dissolved gelatin. Add cream cheese a little at a time. When dissolved, add remaining ingredients. Mix thoroughly over heat until mixture begins to bubble. Pour into greased mold and chill. Serve with assorted crackers. May also be used as a sandwich spread.

Eleanor Nakano
West Los Angeles

CUCUMBERS STUFFED WITH CRAB MEAT

- 2 cucumbers
- 2 tbsps. salt
- 1 bunch water cress
- 1/4 cup canned crab meat, flaked
- 1 piece beni shoga, cut in thin strips

SAMBAI-ZU SAUCE:

- 2 1/2 tbsps. rice vinegar
 - 2 1/2 tbsps. dashi
 - 4 tsps. sugar
 - 2 tsps. soy sauce
 - 1/8 tsp. salt
 - 1/4 tsp. MSG (optional)
- Combine above and bring to a boil.
Turn off heat and cool.

19

Peel cucumber lengthwise leaving occasional green strips.
Rub cucumber with salt and set aside to marinate for 15 minutes.
Wash under cold running water. Pat dry, trim ends and with a teaspoon or melon scoop, remove the pulp and seeds from center of cucumbers.

Bring some water to boil and drop in water cress long enough to wilt leaves. Drain and run cold water on them. Slit cucumber lengthwise along one side, fill with crabmeat, lay water cress down the length, then the beni shoga. Press cucumber gently to seal. Cut cucumbers into 1/2-inch thick rounds, arrange in plate and pour sambai-zu sauce on them.

Miye Yoshida
Auxiliary

FISH IN A BLANKET

- 1/2 lb. white fish fillet, boned**
- 1/2 tsp. salt**
- 1 tbsp. wine**
- 1/8 tsp. pepper**
- 1 tbsp. ginger, fresh grated**
- 2 green onions**
- 3 large mushrooms (shiitake)
soaked and cut into pieces**
- 2 tsps. sesame oil
oil for frying**

Slice the fish in to 12 to 14 pieces. Cut 12 to 14 pieces of wax paper, five inches square. Brush sesame seed oil on each of the wax papers.

Sprinkle fish with salt, wine and pepper. Place on one piece of fish, ginger, onions and mushrooms. Fold wax paper like an envelope.

Deep fry them for three to five minutes. Serves 4.

Grace Kataoka
Auxiliary

GRAVAD LAX (Salmon with Dill)

- 4 lbs. fresh salmon**
- 2/3 cup coarse salt (Kosher salt)**
- 1 tbsp. fresh ground black pepper**
- 1/2 cup sugar**
- 1 tbsp. Cognac**
- dash of saltpeter**
- fresh dill**

Split salmon and remove bones. Mix together salt, pepper, sugar, and saltpeter. Rub this into the flesh of the salmon and sprinkle over with cognac. Line a deep bowl or dish well with sprigs of fresh dill. Lay one half of the salmon on the dill, skin side down.

Arrange a thick layer of dill sprigs over the salmon and top with the second piece, skin side up. Press the salmon well, cover it with foil and place weights on top. Refrigerate for 24 hours or more.

Will keep approximately 1 week in the refrigerator. Remove the dill pieces and serve fish raw, cut in very thin slices. Serve with well buttered rye bread, pumpernickel bread, or hard bread.

Judy Lamm
Los Angeles, Calif.

SALMON DIP

- 1 7³/₄-oz. can salmon, drained**
- 1¹/₂ tsp. lemon juice**
- 1 tbsp. onion, minced**
- 1/2 cup cucumber, minced**
- 1/4 tsp. pepper**
- 1/2 tsp. dill weed**
- 1 cup sour cream**
- MSG (optional)**

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Combine all ingredients and chill well. Serve with crackers or chips. Makes about 2¹/₂ cups.

Mitsu Sonoda
Auxiliary

SAUTEED SCALLOPS

- 1 lb. scallops**
- 1/4 cup butter or margarine**
- 1/2 tsp. salt**
- pepper**
- 1/2 cup freshly chopped parsley**
- 1 clove garlic, minced**

If necessary, cut scallops into 1" cubes. Put butter or margarine in large skillet. When melted, add garlic and cook until brown and remove garlic. Add scallops and salt. Cook 7 to 10 minutes, stirring and turning often. Sprinkle with freshly ground pepper and add chopped parsley and cook 2 minutes longer. Makes 4 to 6 servings.

Mitsu Sonoda
Auxiliary

SCALLOP APPETIZERS

**1 lb. fresh or frozen scallops,
thawed if frozen**

**4-5 slices of bacon, cut in half
lengthwise and into thirds**

Italian salad dressing mix

Sprinkle scallops (if pieces are large, cut in half) with Italian salad dressing mix. Wrap small slice of bacon around scallops and broil until brown.

22

Mitsu Sonoda
Auxiliary

CAMARONES ESTILA BARBACHANO PONCE (Pickled Shrimp)

2½ lbs. raw shrimp

1 carrot scraped and cut thin

1 celery rib with leaves

1 bay leaf

1 small dried hot red pepper

12 peppercorns

1 tsp. salt or more

2 onions sliced transparently

2 cups salad oil

1 cup vinegar

- 1 lemon (juice of)**
- 2 garlic cloves, minced**
- 2 tomatoes, peeled, seeded and chopped**
- 1 ripe avocado**
- sugar**
- MSG (optional)**
- black pepper**
- dry mustard**
- salt**
- chopped parsley**

Shell and devein raw shrimp. Boil approximately 4 cups of water in a pot and add carrot, celery, bay leaf, hot pepper, peppercorns and salt. Bring to a boil and simmer for 10 minutes. Add shrimp and cook for 5 minutes after liquid returns to boil. Let shrimp cool in the cooking liquid. Combine onion slices, oil, vinegar, lemon juice, garlic, tomatoes and seasonings to taste. Drain the shrimp and dry them. Add them to the sauce and chill for 12 hours. Just before serving, sprinkle the shrimp with black pepper and parsley. Garnish with avocado cubes. Serve with slices of French bread. Serves 6 to 8.

Kaz Middo
West Los Angeles

MARINATED SHRIMPS

- 2 lbs. cooked shrimp
- 1 white onion, sliced
- 1 small carton sour cream
- 1 tbsp. mayonnaise
- garlic salt
- salt
- pepper
- MSG (optional)

Add seasonings to mayonnaise and sour cream and add to onion and shrimp. Serve with wheat crackers, Ritz, Rye Krisp, etc.

Mitsu Sonoda
Auxiliary

PARTY SHRIMP

24

- 2 lbs. fresh shrimp
- 2 cups water
- 1/2 tsp. salt
- 1/4 tsp. MSG (optional)
- 1 tbsp. sugar
- 2 cups mayonnaise
- 1/4 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. MSG (optional)

Wash shrimp in cold water. Peel shells and remove veins. Boil water, add sugar, salt and MSG. Cook shrimp in the seasoned boiling water for 5 minutes. Drain shrimp and cool. Combine mayonnaise, sugar, salt and MSG and add the cooked shrimp. Bake in 350° oven until lightly brown.

Reiko Takahashi

SHRIMP PIMIENTO

- 2 lbs. shrimp**
- 1 lemon, thinly sliced**
- 1 red onion, thinly sliced**
- ½ cup pitted black olives**
- 2 tbsps. chopped pimiento**

MARINADE:

- ½ cup fresh lemon juice**
- 1 tbsp. wine vinegar**
- ½ bay leaf, crushed**
- ¼ tsp. cayenne pepper**
- 1 tsp. salt**
- ¼ cup oil**
- 1 clove garlic, crushed**
- 1 tbsp. dry mustard**
- ¼ tsp. freshly ground pepper**
- 1 tsp. MSG (optional)**

25

Cook shrimp in lightly salted boiling water, not more than 3 minutes. Drain well, shell, devein. Place shrimp into dish in which it will be served. Add sliced lemon, onions, olives, and pimiento. Mix marinade and pour over shrimp and chill in refrigerator at least 2 hours.

Chiye Harada
Auxiliary

STUFFED SHRIMP HORS D'OEUVRE

1 lb. green shrimp

STUFFING:

2 tbsps. minced onion

1 tbsps. minced green pepper

1 tbsps. minced celery

1/2 tsp. minced parsley

3 tbsps. water chestnuts, chopped

3 tbsps. fine bread crumbs

1 egg

1/2 tsp. oil

dash garlic powder, salt and pepper

COATING:

1/3 cup seasoned flour
(1/4 tsp. salt, dash of pepper)

1 egg

2 tbsps. milk

1 cup bread crumbs

oil

26

Shell and devein shrimp. Cut along vein side nearly through and open flat. Combine stuffing mixture, salt and pepper to taste. Spread dab of stuffing on each shrimp and fold into shape. Dust in seasoned flour. Dip in mixture of egg and milk. Roll in bread crumbs and fry in deep hot fat until well browned. Makes approximately 4 dozen.

Anna Taka
Auxiliary
Los Angeles

SQUID DELICIOUS

- 1** **tbsp. peanut oil**
- 2** **lbs. squid, sliced in 1" pieces,**
 feelers intact
 garlic salt
 pepper
 MSG (optional)

Heat oil thoroughly. Clean and drain squid and pat out moisture thoroughly. Saute in oil until squid starts curling. Sprinkle with garlic salt, pepper and MSG and serve immediately.

Mitsu Sonoda
Los Angeles, Calif.

CAPONATINA (Eggplant Appetizer)

- 1** **large eggplant**
- 1** **clove garlic**
- 1** **medium size onion, sliced**
- 1** **cup celery, chopped**
- 1** **can (1-lb size) Italian-style**
 tomatoes, chopped fine
- 12** **pitted green olives, sliced**
- 10** **anchovy fillets**
- ¼** **cup wine vinegar**
- 1** **tsp. salt**
- 2** **tbsps. caper**
- 2** **tbsps. sugar**
- ⅓** **cup Burgundy wine**
- ½** **tsp. pepper**
 MSG (optional)

27

Peel eggplant and cut into 1-inch cubes. Heat olive oil in a heavy skillet, add garlic and cook until garlic browns. Discard garlic, add

eggplant and cook until tender. Add onions and cook until lightly browned. Add celery and saute about 3 minutes. Add tomatoes and simmer about 15 minutes. Add remaining ingredients and season to taste. Simmer 20 minutes, stirring occasionally.

Cool and place in jars. Refrigerate three or more days before serving. Serve with crackers, bread sticks, or French bread slices.

Suki Uyeno
Auxiliary

MAY'S CARROT STICKS

28

- 1 lb. carrots, cut into
1/2" x 1/2" x 3" sticks**
- 3 tbsps. salad oil**
- 3 cloves garlic, minced**
- 1 tbsp. coarsely chopped onions**
- 1/4 cup vinegar**
- 1 1/2 tsp. salt**
- 1/2 tsp. dry mustard**
- 1 tbsp. whole pickling spices
wrapped in gauze bag**
- 1/2 tsp. MSG (optional)**
- pepper**

Saute garlic and onion in salad oil. Stir in vinegar, salt, mustard, and pickling spices. Simmer carrots in it for 5 minutes. Cool mixture and refrigerate for several hours before serving. Serves 6 to 8.

Miye Yoshida
Auxiliary

CEZAKI (DIP) GREEK

- 1/2 clove garlic, chopped fine**
- 1 cup plain yogurt**
- 1/2 cucumber, cut in small pieces**
- 1 tbsp. olive oil**
- 3 walnuts, diced**
- salt and pepper to taste**

Combine above ingredients. Serve with Italian bread.

Margrith Strates
Los Angeles, Calif.

CUCUMBER SWIRLS

- 2 lg. cucumbers, peeled**
- 1 qt. water**
- 1 tbsp. salt**
- 2 3-oz. pkgs. cream cheese, softened**
- 2 tbsps. mayonnaise**
- 2 tbsps. finely chopped dill pickles**
- 1/4 cup chopped salami**
- 1 tbsp. chopped chives, fresh or frozen**
- 2 drops Tabasco sauce to taste**
- lightly salted round crackers**

29

Cut cucumbers in 2 to 2½-inch lengths. Combine water and salt; add cucumbers, let stand ½ hour. Hold each cucumber piece as if to pare an apple and with a sharp knife, cut ⅛-inch thickness around the full length, spiralling to the center. Discard the centers. Drain well on a couple of layers of paper towels. Blend next six ingredients until smooth. Unroll the cucumber pieces blotting the whole piece;

spread filling inside. Re-roll from center to outside (jellyroll fashion). Chill approximately 3 hours. Using a sharp knife, slice 1/4-inch thick. Remove excess moisture on paper towels. Place each slice on a cracker just before serving. Makes about 30 cucumber slices. Refreshing appetizer.

Aiko Takeshita
Auxiliary

FILLED PANCAKE APPETIZERS

- 1 egg**
- 1 cup milk**
- 1/2 cup flour, unsifted**
- 4 tbsps. butter or margarine**

30

Combine egg, milk, flour in a bowl and beat with a rotary beater until mixture is smooth; about 30 seconds. Let batter stand at room temperature for about 30 minutes after beating. Heat griddle (or Swedish pancake pan) over medium heat until pan is hot enough. Dip about 2 tsp. of batter into pan; tilt pan to level batter. Turn with small spatula and brown other side.

MUSHROOM FILLING:

- 4 tsps. butter or margarine**
- 4 tsps. flour**
- 1/8 tsp. curry powder**
- 1/4 tsp. salt**
- MSG**
- 1/2 cup milk**
- 1/2 lb. fresh mushrooms, chopped**
- 1 onion, chopped**

Melt butter or margarine over medium heat. Add flour, curry powder, salt and MSG; heat, stirring, until it bubbles. Remove from heat and stir in the milk. Continue heating and stirring until mixture boils.

Remove from heat and set aside. In frying pan, melt butter over medium heat; add mushrooms and onion. Cook, stirring often until vegetables are limp and stir vegetables into sauce. To fill pancakes, spread about 1 tsp. filling in middle of each, and roll. Arrange, seam side down, in a buttered ovenproof platter. Drizzle 2 tbsp. melted butter over top of pancakes and bake, uncovered, in a 350° oven for 15 minutes. This filling is enough for 1 recipe of pancakes. Makes about 40.

Bea Ando
La Crescenta, Calif.

MARINATED MUSHROOMS

- 1/2 lb. fresh mushrooms, small buttons**
- 1/2 tsp. crushed oregano**
- 1 tsp. salt**
- 1/8 tsp. pepper**
- 1/4 cup olive oil**
- 1 clove garlic, crushed**
- 1 tbsp. California brandy**
- 2 tbsps. red wine vinegar**
- pinch of dill weed**
- dash of liquid hot pepper**
- seasoning (optional)**

31

Cut stems from the mushrooms. Wash the mushroom caps under a fine spray quickly but thoroughly, dry with paper towels and cut in half. Mix all of the remaining ingredients together in a bowl, add mushroom caps and toss until all of them have been coated thoroughly. Let stand at room temperature for at least an hour or longer. Serve with toothpicks. Serves 6.

Aiko Takeshita
Auxiliary

STUFFED MUSHROOMS

- 2 doz. medium size mushrooms, raw**
- 1/2 pt. sour cream**
- 6 strips bacon, cooked and crumbled**
- 2 tsps. chives, minced**
- salt**
- MSG (optional)**

Wash mushrooms and remove stems. Mix remaining ingredients and stuff mushrooms.

Masako Suyehiro
Rockville, Md.

STUFFED MUSHROOMS ORIENTAL

32

- 2 doz. mushrooms**
- 1 lb. ground pork**
- 1/4 cup water chestnuts, minced**
- 1/4 cup green onions, minced**
- 1 egg**
- 1 tbsp. soy sauce**
- 1/2 tbsp. salt**
- 1/4 cube butter**
- 1/2 tsp. fresh ginger, minced (optional)**

Remove and chop the stems of the mushrooms. Mix chopped stems with pork, water chestnuts, green onions, egg, shoyu, pepper and salt. Melt butter in pan and saute whole mushrooms, cover and cook a few minutes. Remove and stuff with the mixture and arrange in baking dish, stuffed side up. Bake at 375° for 30 minutes. Serve hot with a little shoyu for taste.

Toy Kanegai
Auxiliary

RATATOUILLE

- 1 small eggplant, cut in 1/2" cubes
- 3 medium-sized zucchini, thickly sliced
- 1 green or red bell pepper, seeded and cut in chunks
- 1 large onion, sliced
- 1 clove garlic, minced or mashed
- 2 large, firm tomatoes, cut in chunks
- 1/4 cup parsley, minced
- 1/2 tsp. basil
- 1 1/2 tsp. salt
- pepper
- MSG (optional)
- olive oil

Heat oil in large, heavy frying pan over high heat. Saute onions and garlic, stirring until onions are soft but not browned. Stir in eggplant, zucchini, pepper, parsley, salt and basil. Add more oil as needed to keep vegetables from sticking. Cover pan and cook over moderate heat about 30 minutes, stirring occasionally using a large spatula to turn vegetables to help preserve their shape. If mixture becomes quite soupy during this time, remove cover to allow excess moisture to escape. Add tomatoes and stir to blend. Cover and cook over moderate heat for 15 minutes. Stir occasionally and season to taste. Again, if mixture becomes quite soupy, remove cover to allow moisture to evaporate. Ratatouille should have some free liquid but still be of a good spoon and serve consistency. Serve hot or chill and serve cold. Good with crackers or melba toast. Serves 4.

33

Suki Uyeno
Auxiliary

SPANAKOPITA (Spinach Pie)

- 3 10-oz. pkgs. frozen spinach or
3 lbs. fresh spinach, washed, drained,
and chopped finely
- salt
- pepper
- 1 cup onion, finely chopped
- 2 shallots, chopped (optional)
- 1/2 cup olive oil
- 3/4 lb. Feta cheese, crumbled or grated
Cheddar, Swiss, Jack, or Mozzarella
- 1/2 cup pine nuts
- 3 tbsps. parsley, chopped
- 3 tbsps. dill, chopped
- salt
- pepper
- melted butter
- 9 sheets of filo

34

Drain and press out liquid from spinach. Sprinkle with salt and pepper, let stand 1 hour and press to draw out bitter liquid.

In large skillet saute chopped onion and shallots in olive oil until golden. Add drained spinach and combine with Feta cheese, pine nuts, chopped parsley, dill, salt and pepper.

Brush a shallow baking pan with melted butter and line it with 1 sheet of filo. Brush sheet lightly with melted sweet butter or sweet margarine and cover with 4 more filo leaves brushing each with melted butter. Cover with the spinach mixture and top with 4 more buttered sheets of filo. Trim the edges of the top sheets to fit the dish, or fold over. Brush the edges with water if trimming, or fold over the bottom sheets to seal the pie. Bake at 350° for about 40 minutes, or until top is golden. Cool slightly before cutting and serve warm or cold.

Judy Lamm
Los Angeles, Calif.

STUFFED CHERRY TOMATOES

15 to 20 cherry tomatoes

1 small can crab

1 stalk green onion, chopped

1 tsp. curry powder

mayonnaise to moisten

salt

pepper

MSG (optional)

Scoop out slightly center of tomatoes and fill with crab, green onion, mayonnaise and seasoning mixture.

Mitsu Sonoda
Auxiliary

STUFFED CHERRY TOMATOES

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MSG (optional)

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Mitsu Sonoda
Auxiliary

Salads & Soups



VEGETABLE

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DRESSING

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APRICOT SALAD

- 1 cup canned apricots, halved**
- 1 cup fresh pineapple chunks**
- 2 oranges, peeled, and cut in bite-size pieces**
- 1/4 cup chopped walnuts**
- 1/2 pt. sour cream**

Combine apricots, pineapple, oranges, walnuts and sour cream. Blend gently. Cover and chill for 24 hours. Spoon into chilled sherbet glasses or onto lettuce cups. Serves 4-6.

Mitsu Sonoda
Auxiliary

CINNAMON APPLE SALAD

- 4 apples, washed, pared and cored**
- 1 cup sugar**
- 1/2 cup red cinnamon candies**
- 2 cups water**
- red food coloring**
- 1 3-oz. pkg. cream cheese**
- 1 tbsp. mayonnaise or sour cream**
- 1/4 cup chopped walnuts**

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Stir sugar, cinnamon candies, water and food coloring until dissolved. Add apples and simmer until tender, turning occasionally. Drain and chill. Combine cream cheese with mayonnaise or sour cream and walnuts and fill apples. Serve on lettuce leaves.

Cindy Lusk
Los Angeles, Calif.

CRAN-APPLEDORF SALAD

A crunchy Waldorf salad loaded with perky cranberry cubes.

- 1 16-oz. can jellied cranberry sauce, chilled**
- 1/4 cup sour cream**
- 1/4 cup frozen whipped dessert topping, thawed**
- 2 cups chopped apples**
- 1 cup sliced celery**
- 1/2 cup chopped walnuts**
- lettuce leaves**

Cut jellied cranberry sauce in half; cut one-half into 1/4 inch cubes and set aside. Mash remaining half of cranberry sauce with fork; fold in sour cream, then whipped dessert topping. Stir in chopped apple, sliced celery and chopped walnuts. Serve on lettuce leaves. Garnish with the reserved cubes of jellied cranberry sauce. Serves 6.

Amy Nakashima
Auxiliary

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FRUIT SALAD au NATURELLE

- 1/2 fresh pineapple, cut in bite-size pieces**
- 3 oranges, peeled with knife and cut in bite-size pieces**
- 2 small bunches white table grapes**
- 2 apples, diced with peeling on**
- 1/2 cup toasted slivered almonds**
- papaya slices (optional)**
- sherry cheese dressing**

Combine fruit except papaya and almonds and chill. At serving time, sprinkle on almonds and garnish with slices of papaya, if desired. Pass dressing separately.

SHERRY CHEESE DRESSING:

- 1 3-oz. pkg. cream cheese**
- 1 tbsp. lime or lemon juice**
- 1 tbsp. sugar**
- 1/4 cup California sherry**
- few grains salt**

Soften cream cheese with fork and gradually blend in lime or lemon juice, sugar, sherry and salt. Makes about $\frac{2}{3}$ cup dressing.

Marian Susuki
Auxiliary

FROZEN FRUIT SALAD DELICIOUS

Set refrigerator control at coldest operating temperature. Line 10 $\frac{2}{4}$ inch muffin-pan wells with paper baking cups.

PREPARE AND SET ASIDE:

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- 1/3 cup (about 1 oz.) coarsely chopped walnuts**
- 3 tbsps. finely chopped marashino cherries,
well drained**

Drain, reserve syrup for use in other food preparation.

- 1 9-oz. crushed pineapple (about $\frac{3}{4}$ cup drained)**

MIX TOGETHER:

- 2 cups thick sour cream**
- $\frac{3}{4}$ cup sugar**
- 2 tbsps. lemon juice**
- $\frac{1}{8}$ tsp. salt**

Blend in the pineapple, walnuts and cherries. Peel and dice 1 medium size banana having brown flecked peel. Mix in the diced banana. Spoon mixture into the baking cups; place in freezing compartment of refrigerator until firm.

Before serving, remove paper cups. Allow salads to stand at room temperature for a few minutes to soften very slightly. Serves 10.

Amy Nakashima
Auxiliary

PINK FRUIT SALAD

- 1 11-oz. can mandarin oranges, drained**
- 1 16-oz. can sliced peaches, drained**
(cut slices in half)
- 4 bananas, sliced**
- 1/2 cup walnuts, chopped**
- 1/2 cup shredded coconut**
- 1 cup sour cream**
- 1 10-oz. pkg. frozen strawberries**
(with sugar) thawed
- Confectioners' sugar (optional)**

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Complete oranges, peaches, bananas, walnuts and coconut. Mix sour cream with strawberries and mix with rest of ingredients. (If you do not have frozen strawberries with sugar already added, you may wish to sweeten with confectioners sugar to taste). Serves 8.

Betty L. Jung
Santa Monica, Calif.

ORANGE AND ONION SALAD

- 4 small oranges or 2 pink grapefruit**
- 1 small onion, peeled**
- 1/4 cup olive or salad oil**
- 2 tbsps. red wine vinegar**
- 1 clove of garlic, split**
- 1/4 tsp. salt**
- dash of fresh ground pepper**
- 1 qt. crisp salad greens**
- 1/2 cup pitted green olives, sliced**

Peel oranges; remove white membrane with a sharp knife.
Cut oranges and onion into thin slices. Place in shallow dish.
In measuring cup, put olive oil, vinegar, 2 tbsp. water, the garlic,
pepper, salt; stir well with fork. Pour over oranges and onion.
Refrigerate covered until well chilled, at least two hours.
Remove garlic to serve. Place greens and olives in salad bowl.
Add oranges and onion (separate into rings). Add dressing.
Toss and serve.

Mary Hayashi
Auxiliary

APPLESAUCE JELLO SALAD

- 2 3-oz. pkg. cherry jello**
- 3 cups hot applesauce**
- 1 cup orange juice**
- 1 tbsp. lemon juice**
- 1 small bottle 7-up or Squirt**

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Heat applesauce until it bubbles and is thoroughly heated.
Add jello and stir until dissolved. Pour in orange and lemon juices.
Add 7-up. Chill until thickened. May be poured in individual molds.

Mildred Quandt
Montclair, Calif.

RED APPLESauce SALAD

- 1 1/3 cup boiling water**
- 1/3 cup red cinnamon candies**
- 1 3-oz. pkg. orange gelatin**
- 1 1/2 cup applesauce**
- 1 8-oz. pkg. cream cheese, softened**
- 1/2 cup mayonnaise**
- 3/4 cup coarsely chopped pecans**
- 1/2 cup diced celery**

Combine boiling water and cinnamon candies in sauce pan. Boil gently, stirring now and then, until candies are dissolved. Remove from heat and stir in gelatin until dissolved. Stir gelatin mixture into applesauce. Pour half the mixture into 8½" x 4½" loaf pan which has been slightly oiled. Chill until set. Reserve remaining applesauce mixture at room temperature. Cream together the cheese and mayonnaise until smooth and well blended. Mix in the pecans and celery. Spread over the gelatin layer in the pan. Chill until firm. Place the remaining applesauce mixture in refrigerator until slightly thickened. Pour over the cream cheese mixture. Chill until firm. Unmold onto serving plate. Garnish with crisp greens and serve with mayonnaise or salad dressing. Serves 8.

Mary Hayashi
Auxiliary

BLUEBERRY MOLD

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- 2 3-oz. pkg. lemon gelatin**
- 1 banana, mashed**
- 2 cups pineapple juice**
- 1 cup whipped cream**
- 1 can blueberries in syrup (16-oz.)**

Drain blueberries. Heat syrup with pineapple juice. Mix with gelatin. Cool. Add mashed banana and blueberries. Fold in whipped cream to give marbled effect. Place in refrigerator to set.

Kaz Middo
West Los Angeles, Calif.

COMPANY JELLO SALAD

- 1 3-oz. pkg. lime jello**
- 1 cup large curd cottage cheese**
- 1 cup commercial sour cream**
- 1 cup drained crushed pineapple**
- 1¾ cup pineapple juice**
- 1 tbsp. lemon juice**
- ½ cup miniature marshmallows**

Heat pineapple juice and add gelatin, stir until dissolved.
Cool and let set until thickened. Then beat with electric mixer.
Add remaining ingredients and pour into 8" x 12" pyrex dish or put
into individual jello molds. Serve on red leaf lettuce. This salad is
especially creamy and almost tastes like a dessert. Goes well with
chicken or ham. Serves 10 to 12.

Mildred Quandt
Montclair, Calif.

MOLDED CRANBERRY SALAD

- 2 6-oz. pkgs. strawberry flavored gelatin**
- 5 medium oranges**
- 1 16-oz. pkg. cranberries, coarsely chopped**
- 2 cups sugar**
- lettuce leaves for garnish**
- orange-cheese dressing (below)**

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Early in day or day before serving:

In large bowl, dissolve gelatin completely in 3 cups boiling water;
stir in 2 cups cold water. Refrigerate stirring occasionally,
until mixture mounds slightly when dropped from a spoon.

Meanwhile, peel and chop oranges; place in another large bowl.
Add cranberries and sugar and stir until sugar is completely dissolved.
Stir fruit mixture into thickened gelatin.
Pour into mold and refrigerate until set.

ORANGE CHEESE DRESSING:

In small bowl, with mixer at low speed, beat 8-oz. pkg. cream cheese
with 1/3 cup orange juice until smooth. Stir in 2 tsps. grated orange
peel and dash salt. Serves 12.

Amy Nakashima
Auxiliary

CRANBERRY-RASPBERRY RING

- 1 3-oz. pkg. raspberry flavored gelatin**
- 1 3-oz. pkg. lemon flavored gelatin**
- 1½ cups boiling water**
- 1 10-oz. pkg. frozen raspberries**
- 1 cup cranberry-orange relish (Ocean Spray)**
- 1 7-oz. btl. carbonated lemon-lime**

Dissolve raspberry and lemon flavored gelatins in boiling water. Stir in frozen raspberries, breaking up large pieces with fork. Add cranberry-orange relish. Chill until cold but not set. Resting bottle on rim of bowl, carefully pour in lemon-lime beverage, stir gently with up and down motion. Chill until partially set. Turn into a 5 or 5½ cup ring mold. Chill until firm, about 4 hours or overnight. Unmold on crisp greens.

FILLER—CHICKEN SALAD:

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Combine:

- 3 cups cubed cooked chicken or turkey**
- 1½ cups sliced fresh mushrooms**
- 1 cup chopped celery**
- ¼ cup chopped sweet pickles, fresh peach or crushed pineapple**

Blend together:

- ½ cup mayonnaise**
- 1 tbsp. lemon juice**
- 1 tbsp. salad oil**
- ½ tsp. salt**
- dash of pepper**

Toss with chicken mixture. Chill.

Just before serving, fold in:

1/4 cup ripe olive slices

1/4 cup chopped toasted pecans or walnuts

Serve in center of Cranberry-Raspberry ring and garnish with parsley.

Frances Yoshiwara
Los Angeles, Calif.

COLESLAW MOLD

1 cup hot water

1 3-oz. pkg. lemon gelatin

1/2 cup cold water

2 tbsps. vinegar

1/2 tsp. salt

dash of pepper

1/2 cup mayonnaise

2 cups finely chopped cabbage

2 tbsps. minced green pepper

1 tbsp. minced onion

1/4 tsp. celery seed

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Pour hot water over gelatin and stir until dissolved. Add cold water, vinegar, salt, pepper and mayonnaise. Beat until well blended with rotary egg beater. Pour into ice cube tray and place in freezing unit of refrigerator for 15 to 20 minutes. Turn into bowl and beat until fluffy. Fold in cabbage, green pepper, onion and celery seed. Pour mixture into 1 qt. mold and refrigerate until set. Serves 8.

Jean Brant
Los Angeles, Calif.

COTTAGE CHEESE CUCUMBER SALAD

- 1 pkg. unflavored gelatin
- 1/2 cup cold water
- 1/2 tsp. salt
- 1 medium cucumber, pared
- 1/2 small onion
- 1/2 cup mayonnaise
- 2/3 cup celery, finely diced
- 1/3 cup walnuts, toasted and chopped
- 3 cups cream style cottage cheese
- 1 8-oz. pkg. cream cheese

Dissolve gelatin in water. Add salt. Heat until melted. Remove seeds from cucumber. Grate cucumber and onion to make 1/2 to 3/4 cup. Beat cheeses until blended. Add gelatin mixture, cucumber, onion, celery and walnuts. Add mayonnaise. Pour into 6-qt. mold. Chill for 6 to 7 hours or overnight. Garnish with parsley, cucumbers and radishes. Good with ham or cold cuts.

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Minnie Takagaki
Pasadena, Calif.

PEAR AND CREAM CHEESE MOLD

- 1 6-oz. pkg. lime gelatin
- 1/2 tsp. salt
- 2 cups boiling water
- 1 tbsp. lemon juice
- 1 13-oz. can pear halves
- 1 8-oz. pkg. cream cheese
- 1/8 tsp. ginger
- 1/2 cup. chopped pecans

Dissolve gelatin and salt in boiling water. Stir in lemon juice. Drain pears, reserving syrup. Measure syrup and add enough cold water to make 1 1/2 cups and stir into gelatin. Pour half of the

gelatin into a bowl and chill until thickened. Dice pears and fold into thickened gelatin and spoon mixture into 1½ qt. mold. Chill until set, but not firm.

Meanwhile, chill remaining half of the gelatin mixture until slightly thickened. Soften cream cheese in large bowl. Gradually blend in slightly thickened gelatin and ginger, beating with mixer or rotary beater until fluffy and thickened. Stir in nuts. Spoon over set gelatin in mold and chill until firm. Unmold and garnish with salad greens, if wanted. Serves 12.

Mary Hayashi
Auxiliary

MOLDED RUBY RED SALAD

- 2 cups cranberry juice cocktail
- 2 3-oz. or family size pkg. raspberry gelatin
(add 2 tbsps. extra gelatin to make it stiffer)
- 1 8¾-oz. can (1 cup) pineapple tidbits
- ½ cup port wine
- ½ cup water
- 1 avocado, peeled and sliced
(put in lemon juice)
- 1 cup diced pared apple
- ½ cup finely chopped celery
- fresh grapefruit sections

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Heat cranberry juice to boiling. Add gelatin, stirring until dissolved. Add pineapple juice, wine, water and whatever juice from grapefruit. Arrange avocado slices in bottom of 5 cup mold or individual molds. Pour enough gelatin mixture (which has been set a little) over avocado slices to cover. Chill until almost set. Chilled apple, grapefruit and celery are folded into partially set mixture. Pour over avocado layer. Chill until firm.

May leave grapefruit sections out and use as decoration or a crown of avocado slices sets off this salad. Serves 8 to 10.

Virginia Tominaga
Auxiliary

RED AND WHITE MOLD FOR CHRISTMAS

- 1 pkg. raspberry jello
- 1 cup hot water
- 1 12-oz. pkg. frozen raspberries
- 1 cup applesauce
- 1 pint sour cream
- 2 cups miniature marshmallows

Dissolve jello in hot water. Add fruit. Mix together and let stand in 9" mold. When firm, mix sour cream and marshmallows. Spread over jello mixture. Chill 3-4 hours. Unmold on bed of lettuce. Add a sprig of parsley.

Frances Yoshiwara
Los Angeles, Calif.

MOLDED SPANADA

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- 2 cups Spanada
- 4 tbsps. brandy
- 1 tbsp. Grand Marnier
- 3 whole cloves
- 1 cinnamon stick
- 2 3-oz. pkg. mixed fruit jello
- 1½ cups club soda
- 1 tbsp. lime juice
- 1 cup orange sections
- ½ cup sliced apples, peeled, thinly sliced

Combine first 5 ingredients in pan and bring to boil. Add jello and stir until dissolved. Add club soda and lime juice. Chill until partially set, then add fruits. Chill 3 hours before serving. Serves 6 to 8.

Marcia Takahashi
Los Angeles, Calif.

TWO-TONED FRUIT MOLD

- 1 3-oz. pkg. black raspberry gelatin**
- 2 cups boiling water**
- 1 3-oz. pkg. lemon gelatin**
- 1 13½-oz. can crushed pineapple**
- 2 cups blueberries**
- 1 3-oz. pkg. cream cheese**
- ½ cup cold water**
- 1 cup heavy cream, whipped**
- crisp salad greens**

Dissolve raspberry gelatin in 1 cup boiling water. Drain pineapple and stir syrup into dissolved gelatin. Add blueberries, pour into a 6 cup mold and chill until firm.

Combine lemon gelatin and softened cream cheese and blend well. Add remaining 1 cup boiling water and stir until gelatin is dissolved and completely blended with cheese. Stir in cold water and chill mixture until consistency of unbeaten egg whites. Beat until fluffy, fold in pineapple and whipped cream and spread over firm blueberry layer. Chill until firm. Unmold on crisp greens. Serves 10 to 12.

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Mary Hayashi
Auxiliary

SPINACH MOLDED SALAD

- 2 pkg. lemon gelatin**
- 2 cups hot water**
- 2 tbsps. vinegar**
- 1 cup small curd cottage cheese**
- 1 pkg. frozen chopped spinach,
defrosted and drained**
- 1 cup mayonnaise**
- ½ tsp. salt**
- ¾ cup diced celery**
- 2 tbsps. finely chopped onion or chives**

Dissolve gelatin in hot water and cool to room temperature. Then mix in the remaining ingredients. Fills a 2-qt. ring mold. Is quite firm and holds well on buffet table. Serve with sour cream or mayonnaise. Brunch type dish, can double as a vegetable.

Cindy Lusk
Los Angeles, Calif.

HOT CHICKEN SALAD

- 1 2-lb. fryer, steamed**
- 1 cup coarsely diced celery**
- 1 can cream of chicken soup**
- 1 4-oz. pkg. potato chips, crushed**
- 1 can (7 oz.) water chestnuts, sliced**
- 1 cup mayonnaise**
- 3 hard boiled eggs, cut up**

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Cook chicken, remove from bones, cut into bite size pieces. Mix other ingredients, except potato chips. Put into a large shallow casserole. Cover with potato chips. Cook in 375° oven 30 minutes or until hot and bubbly and chips are golden brown.

Mary Hayashi
Auxiliary

SUMMERY CHICKEN SALAD

- 3 cups cooked chicken, cut in large pieces**
- 1 cup celery, cut on the diagonal**
- 1/2 cup simple french dressing**
- 1/2 tsp. salt**
- 1/4 tsp. pepper**
- 1/2 cup mayonnaise or salad dressing**
- 1/4 cup commercial sour cream**
- 1 3 3/4-oz. pkg. potato chips**
- 1/2 cup grated Cheddar cheese**

Day before, or early in the day:

In medium bowl combine chicken and celery; stir in french dressing, salt and pepper; refrigerate.

About 20 minutes before serving:

Combine mayonnaise and commercial sour cream; toss with drained chicken and celery mixture; pile in center of 9 inch pie plate. Stand potato chips, on edge, around inside edge of pie plate.

Sprinkle grated cheddar cheese around base of chicken salad. Quickly broil until cheese melts and potato chips "toast" a bit around the edge. Serve at once.

Serves 4 or 5 luncheon servings. Perfect for your summer patio entertaining.

Cindy Lusk
Los Angeles, Calif.

MEXICAN SALAD

53

- 1 lb. ground beef**
- 1/4 cup chopped onions**
- 1 1-lb. can kidney beans, drained**
- 1/3 cup french dressing**
- 1/2 cup water**
- 4 tsp. chili powder**
- 4 cup shredded lettuce (1 head)**
- 1 1/2 cups shredded cheese**
- 1/2 cup sliced green onions**
- tomato slices**
- Dorito chips, 2 handfuls**

Brown beef in skillet. Add chopped onions, and cook until tender. Drain fat. Stir in beans, dressing, water and chili powder. Simmer 15 minutes.

Remove from heat and toss with lettuce, 1 cup cheese, sliced green onions and tomato slices. Place in serving bowl. Sprinkle with remaining cheese and Dorito chips. Serves 6.

Wiggi Dietz
Los Angeles, Calif.

TURKEY SALAD MANDARIN

- 1 cup Oriental dried mushrooms**
- 1 cup warm water**
- 2 tsps. sugar**
- 2 11-oz. size cans Mandarin oranges**
sesame dressing
- 1 cup sliced celery**
- 1 cup sliced green onion, or as desired**
- 1 can bean sprouts**
- 2½ to 3 cups cooked turkey or chicken,**
cut in strips
- lettuce**

Clip stems from mushrooms. Let stand in water with sugar 5 minutes. Cover and simmer 5 minutes. Cool, drain well. Drain oranges, reserving $\frac{3}{4}$ cup syrup for dressing. Combine mushrooms with 6 tbsps. dressing. Cover and chill. Chill oranges, celery, onion, turkey, sprouts.

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To serve: Arrange on a bed of lettuce. Pour remaining dressing on salad. Accompany with mayonnaise if desired. Garnish with parsley.

SESAME DRESSING:

- 3 tsps. toasted sesame seeds, white**
- $\frac{3}{4}$ cup syrup from oranges**
- 6 tsps. soy sauce**
- 6 tbsps. vinegar**
- 9 tbsps. oil**

Combine all ingredients in a covered jar and shake to blend well. Serves 8 to 10.

Pamela Park
Los Angeles, Calif.

CRAB STUFFED AVOCADOS

- 1/2 cup mayonnaise**
- 1/2 cup minced celery**
- 1 small bottle minced pimiento**
- 2 tsps. lemon juice and extra for sprinkling avocados**
- 1/8 tsp. Worcestershire sauce**
- dash Tabasco**
- 3 ripe avocados**
- salt**
- crisp salad greens**
- 1 1/2 cups cooked, drained, canned or thawed frozen King crab meat**

Combine mayonnaise, celery, pimiento, 2 tsps. lemon juice, Worcestershire, Tabasco. Halve avocados lengthwise; remove pits; peel; sprinkle with lemon juice and salt. Arrange each avocado half on a bed of crisp greens; fill with some crab meat, then top with mayonnaise mixture or combine crab meat and mayonnaise and fill. Serves 6.

55

Marlene Okada
Los Angeles, Calif.

CRUNCHY CRAB SALAD

- 1 head cauliflower**
- 1 bunch broccoli**
- 4 or 5 stalks green onions**
- 1 can crab or 1 cup frozen crab**
- 1/2 tsp. MSG (optional)**
- 1/2 cup mayonnaise (approximately)**
- salt and pepper to taste**

Clean cauliflower and broccoli and use just the flowerettes. Pour boiling water and cool. (Vegetables will be crunchy). Chop green onions. Toss everything with mayonnaise and season to taste.

This is a good salad for either Oriental or non-Oriental dinner.
Serves 6.

Aya Kawai
Pasadena, Calif.

SALMON SALAD PROVENCALE

- 4 tomatoes**
- 1 cup mayonnaise**
- 2 anchovy fillets, chopped**
- 1 tbsp. minced fresh tarragon or 1 tsp. dried**
- 2 tbsps. minced parsley**
- 2 tbsps. chopped capers**
- 2 tbsps. lemon juice**
- 1 1-lb. can salmon**
salt, pepper
watercress for garnish

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One by one, spear tomatoes on a fork and plunge into simmering hot water for about half a minute. Slip off skins, using a paring knife. Cut a thin slice from stem end of each tomato and scoop out pulp and seeds. Chill tomato shells.

Combine mayonnaise, anchovy fillets, tarragon, parsley, capers and lemon juice. Drain and flake salmon. Add to mayonnaise mixture and mix well. Season to taste with salt and pepper. Pile salmon mixture into tomato cups. Garnish with watercress. Chill until ready to serve.
Serves 4.

Amy Nakashima
Auxiliary

PAPAYA, AVOCADO AND SHRIMP SALAD

- 2 papayas**
- 2 avocados**
- 1 cup (approximately) tiny cooked baby shrimp**
salad dressing

Carefully peel and slice papayas and avocados and arrange on plates in spiral pattern. Sprinkle baby shrimp on top, serve with favorite dressing — best with Lorenzo or Papaya seed dressing or vinaigrette types.

PAPAYA SEED DRESSING:

- 1 cup sugar**
- 1 tbsp. salt**
- 1 tsp. dry mustard**
- 1 cup white wine or tarragon vinegar**
- 1 cup salad oil**
- 1 small onion, chopped**
- 3 tbsps. fresh papaya seeds**

Place all dry ingredients and vinegar in blender. Gradually add salad oil and onion. When thoroughly blended add papaya seeds. Blend only until seeds are the size of coarse pepper. Good on fresh fruit or greens. Makes 3 cups. Keeps well indefinitely in refrigerator.

Judy Lamm
Los Angeles, Calif.

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SHRIMP AND RICE SALAD

- 1½ cups cooked minute rice (cook with chicken broth instead of water)**
- 1½ cups cooked small shrimps**
- 1 hard cooked egg, chopped**
- ½ small onion, chopped**
- 1 piece celery, chopped**
- 1½ tsps. curry powder**
- mayonnaise**
- lemon juice to taste**
- salt to taste**

Toss gently all the ingredients with mayonnaise until moistened.

Hiromi Choy
Auxiliary

SHRIMP SALAD SUPREME

- 1 lb. cleaned, cooked shrimp
- 1 8½-oz. can peas (fresh or frozen)
- 2 tomatoes, medium size
- 1 green bell pepper, cut into strips
- ¼ lb. sliced raw mushrooms
- 2 celery stalks, sliced
- lettuce
- 2 tbsps. mayonnaise, thinned with
- 1 tsp. lemon juice
- salt to taste

Place lettuce leaves on serving dish. Arrange other vegetables around lettuce. Place shrimp in center of dish tossed together with peas. Pour mayonnaise which has been thinned with lemon juice over shrimp and peas. Mix well. (If more dressing is desired, add to taste). Serve with Rye-Krisp, bread sticks, crackers, or hard rolls. (Tuna or canned salmon may be used in place of shrimp, if desired). Serves 4.

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Mollie Pier
Los Angeles, Calif.

CRUNCHY TUNA SLAW

- 5 cups finely shredded red cabbage
- 1 cup diagonally sliced celery
- 1 cup cauliflower, small flowerettes
- 3 green onions, sliced thin (optional)
- ½ cup cucumbers, sliced thin (optional)
- 1 to 2 tbsps. salt (to taste)
- ¼ lb. mushrooms, sliced thin
- 2 6½-oz. cans tuna in oil
- poppy seed dressing

Combine shredded cabbage, celery, cauliflower, green onions and cucumbers in a large bowl. Sprinkle with salt and chill 30 minutes.

Rinse salt from vegetables, drain well. Add mushrooms, drain tuna, reserving oil for dressing. Flake or cut tuna into chunks. Add to slaw mixture and pour dressing over slaw mixture and toss lightly. Garnish with greens.

POPPY SEED DRESSING:

- oil**
- oil reserved from tuna**
- 1/3 cup vinegar**
- 1/4 cup sugar**
- 1/2 tsp. salt**
- 1 tsp. dry mustard**
- 1/4 tsp. hot pepper sauce**
- 1 to 1 1/2 tbsps. poppy seeds**

Add enough oil to reserved tuna oil to make 2/3 cup. Combine oil, vinegar, sugar, salt, mustard, pepper sauce and poppy seeds. Beat until smooth and creamy. (If wished, combine ingredients in blender container and blend on high speed until smooth). Toss with slaw. Serves 6 to 8.

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Aiko Takeshita
Auxiliary

BEAN SPROUT SALAD

- 1 lb. bean sprouts**
- 1 1/2 tbsps. sugar**
- 3 tbsps. vinegar**
- 2 tbsps. shoyu**
- 3 tbsps. sesame seed oil**
- 1 tsp. MSG (optional)**
- 1 tbsp. sesame seeds, toasted**

Boil bean sprouts in salted water for about 3 minutes. Chill in ice water. Mix remaining ingredients well and pour over bean sprouts which have been drained well. Serves 4 to 6.

Shizu Kato
Los Angeles, Calif.

MARINATED BEAN SALAD

- 1 can (1 lb.) red kidney beans, drained
- 1 can (8 oz.) cut green beans, drained
- 1 can (1 lb.) garbanzo beans, drained
- 1 can (1 lb.) black-eyed beans, drained
- 2¼ cups chopped celery
- 1 cup finely minced parsley
- 1 bunch green onions, chopped
- 1 small jar (3 oz.) stuffed green olives, halved
- 1 can (4½ oz.) chopped black olives
- ½ cup salad oil or olive oil
- ½ cup red wine vinegar
- 1 tsp. salt
- ⅛ tsp. pepper
- 2 tbsps. brown sugar
- 1 clove garlic, mashed
- romaine lettuce

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Combine beans; rinse with water. Drain and mix in a bowl with celery, parsley, green onions, green olives and black olives. Combine salad oil, vinegar, salt, pepper, brown sugar and garlic. Pour over bean mixture. Mix lightly, cover and refrigerate overnight.

Toss mixture well and arrange in bowl, lined with crisp romaine lettuce. Serves 8.

Grace Nishizawa
Auxiliary

CUCUMBERS IN SOUR CREAM

- 3 cucumbers
- ½ cup sour cream
- 1 tsp. onion, minced
- 4 tsps. tarragon vinegar
- ½ tsp. dill weed

- 1/2 tsp. salt**
- 1/4 tsp. pepper**
- 1/8 tsp. MSG (optional)**

Peel cucumbers and slice very thin. Sprinkle with salt and let stand for 30 minutes. Mix remaining ingredients and season to taste. Chill. Squeeze liquid from cucumbers and add cucumbers to sour cream mixture. Serves 6.

Good for buffet meals.

Satsuki Uyeno
Auxiliary

CREAM SLAW

- 1 small head cabbage, shredded or chopped**
- 1/2 cup cream (sweet or sour) or**
- 1/2 cup undiluted evaporated milk**
- 3 to 4 tbsps. sugar**
- 1/2 tsp. salt**
- 1/2 to 3/4 tsp. dry mustard**
- 2 to 3 tbsps. vinegar**

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If cream is heavy enough, it may be whipped. When beating it, add, sugar, salt, mustard and vinegar. Pour mixture over the cabbage. Serves 8.

Amy Nakashima
Auxiliary

CURRIED RICE AND PEA SALAD

- 1 1/3 cup packaged precooked rice**
- 1 1/2 cup water**
- 1/2 tsp. salt**
- 1/2 cup French dressing**
(may prefer using 1/4 cup)
- 3/4 cup mayonnaise**

- 1 tbsp. minced onion**
- $\frac{3}{4}$ tsp. curry powder**
- $\frac{1}{2}$ tsp. salt**
- $\frac{1}{8}$ tsp. pepper**
- 1 cup diced celery**
- $1\frac{1}{3}$ cup chilled cooked frozen green peas**

In saucepan, combine rice, water, $\frac{1}{2}$ tsp. salt; cook as label directs. Lightly toss in French dressing; let cool to room temperature; refrigerate. About one hour before serving, in large bowl, mix mayonnaise, onion, curry, $\frac{1}{2}$ tsp. salt, pepper, and mustard. Add celery, peas and rice; lightly toss. Refrigerate. Serves 6.

Barbara Fuller
Los Angeles, Calif.

MARINATED FRESH VEGETABLE SALAD

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Cut fresh vegetables in bite size pieces (carrots, cauliflower, olives, radishes, fresh mushrooms, celery). Marinate in Wishbone Italian dressing about 3 hours. It is best to start with the cauliflower first so it will be well marinated.

Kei Hankawa
Auxiliary

SAUERKRAUT SALAD

- 1 $2\frac{1}{2}$ -lb. can sauerkraut**
- 1 tsp. celery seeds**
- $\frac{1}{2}$ cup sugar**
- 1 medium onion, chopped**
- 1 green pepper, chopped**
- small jar pimento**
- MSG (optional)**

Squeeze sauerkraut. Mix with other ingredients. Chill for 24 hours. Serves 4.

Miye Yoshida
Auxiliary

SPINACH-POTATO SALAD

- 1 cup or medium size grated cooked potato**
- 1 pkg. frozen chopped spinach. Thaw and drain well**
- 3 chopped green onions and tops**
- 1/2 of 4-oz. can chopped water chestnuts**
- 1 4-oz. can cooked shrimp, drained**
- 1 tsp. each — sugar, salt and prepared mustard**
- 1 cup or more sour cream**

Mix all ingredients and refrigerate over night. Decorate top with sliced cucumbers and cherry tomatoes. May serve individual mounds on sliced tomatoes.

Mable Ishida
Long Beach, Calif.

KOREAN SALAD

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- 6 to 8 water chestnuts, thinly sliced and marinated in Bernstein's Vinaigrette French dressing**
- 1 lb. fresh spinach, washed, drained, chilled and sliced thin**
- 6 to 8 strips of bacon, fried crisp and then crumbled**
- 3 hard cooked eggs, chopped**
- 1 can bean sprouts, drained and chilled or**
- 1 1/2 cups fresh bean sprouts, blanched in hot water, then dipped in cold water and drained and chilled**

Prior to serving, toss all ingredients together lightly with French dressing.

Serve on plates chilled for several hours. Serves 4 to 6.

Sybil Tapscott
Beverly Hills, Calif.

ORANGE-SPINACH SALAD

- 1 10-oz. bag spinach**
- 1 medium head iceberg lettuce, shredded**
- 2 tbsps. diced onion**
- 2 tbsps. diced green pepper**
- 2 tbsps. diced pimento**
- 2 large oranges, peeled and chopped**
- 1 small cucumber, sliced**

About 30 minutes before serving:

Into a large salad bowl, tear spinach into bite size pieces.
Add remaining ingredients; gently toss to coat spinach well with Honey-Caraway Dressing.

HONEY-CARAWAY DRESSING:

In small bowl with wire whisk or fork, stir $\frac{3}{4}$ cup mayonnaise, 2 tbsps. honey, 1 tbsp. lemon juice and 1 tbsp. caraway seed until blended.

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Amy Nakashima
Auxiliary

LIMA-MUSHROOM SALAD

- 2 pkgs. frozen lima beans — cooked**
- $\frac{1}{2}$ lb. fresh mushrooms, sliced**
- $\frac{1}{2}$ red onion, sliced thin**
- 2 tbsps. fresh parsley, chopped**
- 1 tbsp. oregano**
- $\frac{1}{4}$ cup celery, chopped small**

Cool lima beans and combine with other ingredients.

DRESSING:

- $\frac{1}{3}$ cup wine vinegar**
- 3 tbsps. olive oil**

MSG (optional)
salt and pepper to taste

Mary Yanokawa
Auxiliary

MARINATED MUSHROOMS AND ARTICHOKE HEARTS

2 pkgs. frozen artichoke hearts
2 lbs. small mushrooms
1½ cups water
1 cup cider vinegar
½ cup salad oil
1 clove garlic, halved
1½ tbsps. salt
½ tsp. peppercorns
½ tsp. dried thyme
½ tsp. oregano

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Cook artichoke hearts until just tender and drain. Slice mushrooms in half through the stems. Combine with artichoke hearts. Combine water with vinegar, oil, garlic, salt, pepper and herbs. Add vegetables and toss lightly. Refrigerate, covered. Stir occasionally. Leave overnight. Drain before serving. Serves 16 to 20.

Grace Nishizawa
Auxiliary

MUSHROOM-WATERCRESS SALAD

1 lb. fresh mushrooms
2 tbsps. lemon juice
2 tbsps. wine vinegar
½ cup olive oil
1 tsp. salt
½ tsp. tarragon, crumbled
1 cup watercress leaves

Slice mushrooms. Mix remaining ingredients together except watercress to make dressing. Pour dressing over mushrooms and let stand for 1 hour, or even overnight. Just before serving, add watercress leaves. Serves 6 to 8.

Mitsu Sonoda
Auxiliary

ZUCCHINI-MUSHROOM SALAD

- 3 zucchini**
- 1/4 lb. fresh mushrooms, sliced**
- 1 red onion, sliced**
- 1/2 cup oil**
- 1/4 cup vinegar**
- 1/4 tsp. salt**
- pepper, paprika, garlic powder,**
- MSG (optional)**
- 1/2 tsp. oregano**

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Slice zucchini and mushrooms. Separate onion slices into rings and combine with zucchini and mushrooms. Combine oil, vinegar and all the seasonings in a jar, and shake vigorously. Pour dressing over salad and marinate in a covered container in the refrigerator for several hours or overnight. Drain and serve cold. Serves 6 to 8.

Mitsu Sonoda
Auxiliary

DUBLIN POTATO SALAD

- 1 can corned beef**
- 1 tsp. celery seed**
- 3 medium large potatoes, cooked and cubed**
- 2 tbsps. vinegar**
- 1 tsp. mustard seed**
- 2 tsp. sugar**
- 1/2 tsp. salt**

- 1 tsp. MSG (optional)**
- 2 cups cabbage, finely shredded**
- 1/4 cup sweet pickles, finely chopped**
- 1/4 cup green onion, sliced**
- 1/2 cup sour cream**
- 1/2 cup mayonnaise**
- 1/4 cup milk**
- 1/2 tsp. salt (or to taste)**
- dash pepper**

Combine vinegar, celery seed, mustard seed, sugar and 1/2 tsp. salt; set aside.

While potatoes are still warm, drizzle with the vinegar mixture. Chill thoroughly.

Add cabbage, corned beef, pickle, and onion to potato mixture.

Combine mayonnaise, milk, 1/2 tsp. salt, pepper, and MSG. Pour over all and toss lightly. Let flavor set for a few hours before serving. (It tastes best when made the day before). Serves 6 to 8.

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Taye Isono
Auxiliary

FRUIT FRENCH DRESSING

- 1/3 cup sugar**
- 1 tsp. salt**
- 1 tsp. paprika**
- juice of 1 orange**
- juice of 1 lemon**
- 1 tbsp. vinegar**
- 1 cup salad oil**
- 1 tsp. grated onion**

Combine ingredients in bottle or jar; cover and shake thoroughly. Makes 1 3/4 cups.

Amy Nakashima
Auxiliary

SWEET FRUIT DRESSING

- 1/2 cup sugar**
- 1 tsp. salt**
- 1 tsp. dry mustard**
- 1 tsp. celery salt**
- 1 tsp. paprika**
- 1 tsp. grated onion**
- 1 cup salad oil**
- 1/4 cup vinegar**

Mix dry ingredients; add onion. Add oil, a small amount at a time, alternately with vinegar, the last addition being vinegar. Beat with a fork; then, if mixture seems to separate, use rotary or electric beater until blended. Makes 1 1/2 cups.

Amy Nakashima
Auxiliary

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ITALIAN DRESSING

- 2 tbsps. sugar**
- 1/2 tsp. paprika**
- 1 cup catsup**
- 1/2 cup oil**
- 3/4 tsp. salt**
- 1/4 cup wine vinegar**
- small onion, chopped**
- 1/2 tsp. dry mustard**
- 1/4 tsp. MSG (optional)**

Pour into jar and shake. Keep in refrigerator. Shake before using.

Mary Yanokawa
Auxiliary

RUSSIAN DRESSING

- 1/4 cup sugar**
- 3 tbsps. water**
- 1/2 tsp. salt**
- 1 1/2 tsp. celery seed**
juice of 1 lemon
- 1 tbsp. vinegar**
- 1/2 cup catsup**
- 1 tbsp. Worcestershire sauce**
- 1 cup salad oil**
- 1/4 cup grated onion**

Cook sugar and water until mixture spins a thread. Cool. Combine remaining ingredients; add syrup and beat thoroughly. Chill.
Makes 2 cups.

Amy Nakashima
Auxiliary

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SOUR CREAM-BLUE DRESSING

- 1 cup dairy sour cream**
- 1/2 cup mayonnaise**
- 2 tbsps. lemon juice**
- 1/2 tsp. Worcestershire sauce**
salt and pepper
- 1/2 cup crumbled blue cheese**

Blend sour cream, mayonnaise, lemon juice, Worcestershire sauce and salt and pepper to taste. Stir in blue cheese, leaving lumps the size of peas. Chill thoroughly. Makes about 2 cups.

Cindy Lusk
Los Angeles, Calif.

THOUSAND ISLAND (SOUR CREAM) DRESSING

- 1/2 cup sour cream**
- 1/4 tsp. onion or garlic salt**
- 1/2 cup chili sauce**
- 1/4 tsp. pepper**

Mix ingredients together and chill.

Haru Nakata
Auxiliary

SOUPS

BORSCH

3 to 4 lbs. short ribs of beef

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- 3 qts. water**
- 4 tsps. salt**
- 4 black peppercorns**
- 1 bay leaf**
- 1 or 2 bunches beets, diced large**
- 2 large carrots, cut in 3/4" slices**
- 2 stalks celery, cut in 1/2" slices**
- 1 medium potato, diced large**
- 1 large onion, diced large**
- 1 can (1 lb.) solid pack tomatoes**
- 1 small head cabbage, cut into 1" wedges, core removed**
- 2 tbsps. lemon juice**
- 1 tbsp. sugar**

In a large pot (5 to 6 qt.) put meat, water, salt, peppercorns, bay leaf, simmer one hour. Add beets and simmer one more hour. Remove meat; set aside to cool. Add carrots, celery, potato and onion. Drain liquid from canned tomatoes and add to soup. Chop tomatoes and also add. Cut meat from bones, removing fat. Cut meat into bite-size chunks and add to soup. Simmer one hour longer.

This much can be done ahead of time. About 20 minutes before serving, reheat to boiling, add cabbage and simmer about 10 minutes. Stir in lemon juice and sugar, just before serving. Serve with sour cream, if desired.

Goes well with French bread, fruit and cheese for dessert.
Serves 8 to 10.

Katharine Hinds
Los Angeles, Calif.

CLAM CHOWDER

- 5 slices bacon**
- 1 onion, chopped**
- 1 medium potato, cubed**
- 1 tsp. salt (approximately)**
- pepper**
- 2 cans chopped clams (save 1/2 cup liquid)**
- 2 cups half and half**
- 2 tbsps. butter**

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Fry bacon and remove. Saute onion in bacon drippings and remove. In a large saucepan, combine chopped bacon, onion, cubed potatoes, 1 cup water, or more, salt, pepper and cook uncovered, until potatoes are done. Add clams, 1/2 cup clam liquid, half and half and butter. Heat, without boiling. Serves 6 to 8.

Evelyn Shiraki
Los Angeles, Calif.

SPLIT PEA AND BARLEY SOUP

- 1 1/2 lb. chuck steak, cut up in 1" cubes**
- 3 pieces soup bones**
- 1 cup celery, cut in 1" cubes**
- 1 medium onion, chopped**
- 1 pkg. Manischewitz split pea and barley soup mix**

salt
pepper
MSG (optional)

Boil 3 quarts of water. Add all the ingredients and simmer over low flame for about 2 hours. Stir every once in a while. Remove soup bones. Add seasonings of salt and pepper, to taste. Serve with French bread. Serves 6.

Miye Yoshida
Auxiliary

CORN CHOWDER

5 slices bacon
1 onion, thinly sliced
2 medium potatoes, diced
1/2 cup water, or more
1 can cream style corn
2 cups milk
1 tsp. salt
dash of pepper
butter or margarine

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In a large saucepan, cook bacon, until crisp; remove and crumble and set aside. Reserve 3 tbsps. drippings in saucepan and discard remainder. Add onion slices to pan, cook until lightly browned. Add diced potatoes and water. Cook over medium heat until potatoes are tender, 10 to 15 minutes. Add corn, milk, salt and pepper and cook until heated through. Pour into bowls, top each serving with crumbled bacon and a pat of butter. Serve with crackers. Serves 5.

Betty Sunahara
Culver City, Calif.

GAZPACHO (Soup)

- 6 tomatoes, peeled and chopped**
- 1 bell pepper, finely chopped**
- 1 medium cucumber, peeled, seeded, and chopped**
- 1 medium onion, finely chopped**
- 1 clove garlic, minced**
- 1½ cups tomato juice**
- 2 tbsps. olive oil**
- 1 tsp. salt**
- ½ tsp. pepper**
- 1 tbsp. vinegar**
- few drops Tabasco sauce**

Mix in a large bowl and serve chilled. Serves 6.

Harvey P. Lynn
West Los Angeles, Calif.

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POTAGE SANTE

- 1 pkg. frozen chopped spinach**
- ½ cup chicken broth**
- 1 can cream of mushroom soup**
- 1 small onion, chopped**
- ½ tsp. nutmeg**
- ⅛ tsp. pepper**
- ¼ tsp. salt (or to taste)**
- 1 tbsp. soft butter**
- ¼ cup sour cream**

Cook frozen spinach for 5 minutes, covered. Blend in blender with remaining ingredients (taste before adding salt). After blending, heat gently. Garnish each serving with a teaspoon of sour cream.

It's good, unusual and can be a meal in itself. Frozen peas, lima beans, or asparagus may be substituted for the spinach. Serve with hot bread. Serves 3 to 4.

Jeanne Dunn
Los Angeles, Calif.

VODKA SOUP

- 3 cloves of garlic**
- 1 large onion**
- 5 medium tomatoes**
- 4 sprigs parsley**

Blend in a blender until liquid.

ADD:

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- 3 tbsps. soy oil**
- 2 tbsps. tarragon wine vinegar**
- 1½ tsps. salt**
- 1 can beef bouillon**
- 1½ tsps. cracked pepper**

Mix well and chill until serving time.

Add 1 cup of vodka and serve in cold cups.

Pass separately small dishes of the following and add to each cup of soup.

- chopped cucumber**
- chopped tomatoes**
- chopped green pepper**
- chopped green onion**
- crisp croutons**

This recipe takes a little time to prepare, but it is a conversation piece and is delicious. It can be made a day ahead. Add vodka just before serving. Serves 8.

Mary Faubion
Tarzana, Calif.

Vegetables



CORN

- 90 Corn Pie
- 91 Scalloped Corn and Oysters
- 91 Pepped Up Corn Saute

EGGPLANT

- 92 Stuffed Eggplant
- 93 Oriental Eggplant with Sesame Sauce

MUSHROOMS

- 93 Mushroom Casserole
- 94 Sauced Mushrooms
- 95 Mushrooms in Wine Sauce
- 95 Mushroom and Green Beans a la Cheddar

POTATOES

- 96 Whipped Potatoes with Cheese
- 97 Almond-Topped Potato Puff

SPINACH

- 97 Spinach Casserole

SQUASH

- 98 Squash and Corn Stir-Fry

TOMATO

- 99 Tomatoes and Zucchini Provencal

VEGETABLES

- 100 Vegetable Casserole
- 100 Toy's Vegetable Casserole
- 101 California Vegetable Casserole
- 101 Vegetable Medley
- 102 Mixed Vegetable Stir-Fry

YAMS

- 103 Yams Mandarin

ZUCCHINI

- 104 Baked Zucchini Casserole
- 104 Zucchini Cooked in Foil
- 105 Zucchini Corn Pudding
- 106 Zucchini Italian

ARTICHOKE BOTTOMS WITH CARROTS

- 1 8-oz. jar artichoke bottoms*, rinsed well**
- 1 can Belgian carrots, finely chopped**
- 1 tbsp. butter or margarine**
- 2 tbsps. brown sugar**
- 1 tbsp. brandy**

Put artichoke bottoms side by side in a glass casserole. In a small pan, melt butter and brown sugar. Add chopped carrots and heat. Add brandy. Remove from stove and flame. When flaming stops, fill artichoke bottoms with carrot mixture.

Can be prepared ahead and placed in 300° oven to heat, just before serving.

*Fresh, cooked artichoke bottoms can also be used.

*Mary Faubion
Tarzana, Calif.*

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BAKED ASPARAGUS N' CHEESE

- 2 lbs. fresh asparagus**
- 2 10³/₄-oz. cans condensed cream of vegetable soup**
- 1 cup Cheddar cheese, shredded**
- 2 tbsps. pimienta, diced**
- 1/2 tsp. Worcestershire sauce**
- 1 3-oz. can French Fried onion rings**

Parboil asparagus. Drain. Arrange in 2-qt. casserole. Combine the soup, cheese, pimienta, Worcestershire sauce, and half of the onion rings, and pour over the asparagus. Bake in 350° for 30 minutes. Remove from oven and top with the remaining onion rings. Return to oven for 5 minutes more. Serves 4 to 6.

*Aiko Takeshita
Auxiliary*

ASPARAGUS AND EGG AU GRATIN

- 2 10-oz. pkgs. frozen asparagus spears or
- 2 lbs. fresh asparagus
- 2 tbsps. margarine
- 2 tbsps. flour
- 1 tsp. dry mustard
- 1/2 tsp. salt
- dash pepper
- 1 1/2 cup milk
- 1 cup (4 oz.) American cheese, grated
- 6 hard-cooked eggs, sliced

Cook asparagus according to package direction; drain. If fresh asparagus is used, cook in salted water until tender crisp.

Melt margarine in saucepan; blend in flour, mustard, salt and pepper. Add milk all at once and cook over low heat, stirring constantly, until thickened. Remove from heat and blend in cheese.

Place alternate layers of asparagus, egg and cheese sauce in a greased 1 1/2 qt. shallow baking dish, reserving several egg slices for garnish.

Bake at 350° for 25 minutes or until sauce is bubbly.

Garnish with additional egg slices. Serves 6.

Trudi Clement
Beverly Hills, Calif.

ASPARAGUS WITH MUSHROOM AND CHEESE SAUCE

- 2 1/2 lbs. asparagus tips
- 1 cup fresh mushrooms, sliced
- 6 mushroom caps
- 2 tps. butter
- 1 tsp. lemon juice
- 1 egg, beaten
- 1 cup milk

- 1 tsp. powdered mustard**
- 1/2 tsp. salt**
- dash cayenne**
- 1 cup American cheese, grated**
- parsley, chopped**

Cook asparagus in boiling salted water until tender. Drain well.

Saute mushrooms in butter and lemon juice. Combine egg, milk, mustard, and salt in top of double boiler and cook over hot water, stirring constantly, until slightly thickened. Add cayenne and cheese. Heat until sauce is smooth and thickened. Set aside the mushroom caps but add the sliced mushrooms to the cheese sauce. Serve over cooked asparagus. Garnish with mushroom caps and parsley.

Cynthia Lusk
West Los Angeles, Calif.

ASPARAGUS AND ONION BAKE

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- 2 lbs. fresh asparagus**
- 1 8-oz. can small white onions, drained**
- 4 slices bacon**
- 1 tbsp. all-purpose flour**
- 1/2 cup tomato juice**
- 1 cup shredded Cheddar cheese**
- 1 tbsp. prepared mustard**

Clean asparagus and cut in 1 1/2 inch lengths. Cook asparagus in boiling salted water till tender; drain, reserving 1/4 cup liquid. Arrange asparagus and onions in 10x6x1 1/2 inch baking dish.

Fry **bacon**; drain, reserve 1 tbsp. fat. Blend flour into fat; add tomato juice **and** asparagus liquid. Cook and stir till thick. Add cheese and mustard; stir till smooth. Pour over vegetables; stir lightly. Crumble bacon over top. Bake at 375° for 20 minutes. Serves 6.

Kei Hankawa
Auxiliary

BAKED BEANS

- 1 30-oz. can baked beans**
- 3 heaping tbsps. brown sugar**
- 3 tbsps. bacon fat**
- ½ bottle tomato catsup**

Drain can of beans and remove any pieces of fat. Mix beans, sugar, catsup and bacon fat. You may also add pieces of fried out bacon which has been crumbled.

Put into baking dish and bake at 325° from 45 to 60 minutes. You may bake longer if drier beans are desired.

Ruth Case Tietzort
Los Angeles, Calif.

BUCKAROO BEAN BAKE

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- 1 No. 303 can lima beans, drained**
- 1 No. 303 can kidney beans, drained**
- 1 No. 2½ can baked beans**
- 5 strips bacon, diced**
- 1 medium onion, chopped**
- ¾ cup catsup**
- ¾ cup brown sugar**
- 1 tbsps. Worcestershire sauce**
- 1 cup sharp cheese, grated**

Combine the lima beans, kidney beans, and the baked beans. Fry bacon until crisp and remove from skillet. Saute chopped onion in the drippings. Add bacon and drippings to the beans with the remaining ingredients. Mix gently and transfer the mixture to a casserole. Bake at 350° for 1 hour. Yield: 3 qts.

Mrs. Hiroko Doi
Pearl City, Oahu, H.I.

FIESTA BEAN CASSEROLE

- 2 15-oz. cans pinto beans, drained**
- 1 15-oz. can chile with beans**
- 1 8-oz. can bean dip with jalapenos**
- 1 green pepper, chopped fine**
- ½ cup green onion, minced**
- 2 tbsps. tomato-based chile sauce**
- 1 cup Cheddar cheese, shredded**
- MSG (optional)**
- salt and pepper to taste**

Stir to blend the first five ingredients, and the MSG, salt and pepper to taste. Spread mixture in an even layer in a shallow 2-qt. casserole. Sprinkle with cheese. Bake, uncovered, in 325° oven for 45 minutes, or until heated through. Serves 6 to 8.

Mary Yanokawa
Auxiliary

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SWEET AND SOUR BEANS CASSEROLE

- 6 bacon slices, diced**
- 1 onion, chopped**
- 1 1-lb. can Italian plum tomatoes**
- 3 tbsps. red wine vinegar**
- ¼ cup brown sugar, packed**
- ¼ tsp. grated ginger**
- ¼ tsp. nutmeg**
- 1 tbsp. soy sauce**
- 2 15-oz. cans red kidney beans, drained**
- 1 tbsp. minced parsley**

In a large frying pan, cook bacon until crisp; remove bacon and drain. Add onion to pan drippings and saute until limp. Add tomatoes,

vinegar, sugar, ginger, nutmeg and soy sauce and bring to boiling over high heat, stirring to break up the tomatoes. Boil to reduce amount to about 1½ cups. Add the drained kidney beans.

Cover and simmer until beans are heated. Stir in bacon. Sprinkle with parsley. Serves 6.

Mary Yanokawa
Auxiliary

STRING BEANS ALMONDINE

- 2 pkgs. French-style frozen string beans with almonds**
- 1 can cream of mushroom soup**
- 1 can (or pkg.) French fried onion rings, cut in small pieces**

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Cook the string beans according to instructions on package. Drain. Add the mushroom soup and French fried onion rings and mix together. Place in a casserole and bake at 350° for about 20 minutes, or until heated through. Quick and tasty.

Variation: Add sliced water chestnuts.

Edythe Hankawa
Los Angeles, Calif.

GREEN BEANS AND CABBAGE SCRAMBLE

- 6 bacon slices**
- 3 tbsps. onion, chopped**
- 1 10-oz. pkg. frozen cut or French-cut green beans**
- ¼ cup water (add more if needed)**
- 3 cups (½ head) cabbage, coarsely shredded**
- salt and pepper to taste**
- MSG (optional)**

In a large skillet, saute the bacon until crisp. Lift out and set aside. Discard all but 4 tbsps. bacon dripping. Add the onion, beans, and water. Season with salt, pepper, and MSG. Cover and bring to a boil, and simmer for 3 minutes.

Add cabbage and mix well. Cover and bring to a boil. Simmer for 5 to 7 minutes, stirring occasionally. Sprinkle top with crumbled bacon. Serves 4 to 6 .

Aiko Takeshita
Auxiliary

ZIPPY STRING BEANS

- 1 lb. string beans, cut in 2-inch pieces**
- 1/3 cup mushrooms, sliced**
- 1 1/2 tsp. ginger, grated**
- 1/8 tsp. garlic powder**
- 2 tbsps. oil**
- 2 tbsps. vinegar**
- 2 tbsps. shoyu**
- MSG (optional)**

83

Cook string beans in boiling salted water. Do not overcook. Toss beans with mushrooms. Combine seasonings and pour over mushrooms and beans. Cover and chill for about 2 hours, mixing occasionally.

Good as a cold appetizer, or as one of the vegetables for a vegetable platter.

Mitsu Sonoda
Auxiliary

BEAN SPROUTS

1 lb. bean sprouts

Saute in butter, or cut up bacon and fry. Season with salt and MSG (optional) to taste. Serves 4.

Shizu Kato
Los Angeles, Calif.

VARIATION:

3 tbsps. peanut oil
1 green pepper
1 lb. bean sprouts
1/3 cup sherry
ginger
salt
MSG (optional)

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Heat peanut oil until very hot. Add green pepper sliced approximately 1/4 inch, to the bean sprouts, add sherry, a little grated ginger, salt and MSG to taste. Do not overcook.

Mary Yanokawa
Auxiliary

BEAN SPROUTS WITH GREEN PEPPER AND SHIITAKE

1 lb. bean sprouts
2 green peppers, cut in thin strips
3 pieces shiitake, soaked in water and cut in strips
4 tbsps. peanut oil
1 clove garlic, mashed
2 tbsps. dry sherry
1 tsp. sesame seed oil

salt and pepper to taste
MSG (optional)

Heat oil until very hot. Put the mashed garlic in the oil.
Allow the garlic to cook for a few minutes.

Stir fry the bean sprouts, green peppers and shiitake. Do not overcook.
Add sherry, sesame seed oil, salt and pepper to taste, and MSG.
Serve immediately. Serves 4 to 6.

Mary Yanokawa
Auxiliary

VARIATION:

Use 1/2 lb. Chinese pea pods instead of green pepper.

PICKLED BEETS

2 bunches fresh beets
1/2 medium onion, sliced thin crosswise in rings
2 1/2 tbsps. sugar (or more if desired)
1/2 cup fresh lemon juice or vinegar
1/8 tsp. MSG (optional)
salt to taste

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Do not peel beets. Leave on 1 inch of the stems and the root ends.
Add enough water to cover the beets, sprinkle salt to taste,
and cook until tender. Beets will take from 1 1/2 to 2 hours to cook.
(I use a pressure cooker which takes only 10 to 18 minutes,
depending on the size.)

Drain the beets and let it cool enough to handle — the skins will
slip off. Cut off both ends and slice in approximately 1/4 inch.

Mix sugar, lemon juice, MSG, and salt in a medium-sized bowl.
Add beets and onion and mix thoroughly.

Refrigerate for about one hour. (optional)

Rin Nishikata
West Los Angeles, Calif.

BROCCOLI

- 2 pkgs. frozen chopped broccoli**
- 1/4 cup finely chopped onions**
- 4 tbsps. butter or margarine**
- 2 tbsps. flour**
- 1/2 cup water**
- 1 8-oz. jar Cheez Whiz**
- 3 eggs, beaten**
- 1/2 cup soda cracker crumbs**
- 2 tbsps. butter or margarine**

Cook broccoli as directed on package. Drain. Saute onion in 4 tbsps. margarine until soft; stir in flour, add water, cook over low heat, stirring until mixture thickens and comes to a boil. Blend in the Cheez Whiz. Combine sauce and broccoli; add eggs, mix gently until blended. Put in 1 1/2 qt. greased casserole; cover with crumbs and remaining 2 tbsps. margarine. Bake at 325° for 30 minutes.

Serves 6 to 8.

86

Joyce McBride
Mission Hills, Calif.

BROCCOLI BISQUE

- 2 pkg. frozen broccoli**
- 1 can lobster bisque**
- 1/4 cup bread crumbs**
- butter**

Cook broccoli and drain. Place in shallow baking dish 9x13 inch. Add lobster bisque and place several pats of butter on broccoli and sprinkle bread crumbs on top.

Bake in 400° oven for 20 to 25 minutes. Will serve 6 to 8.

Edythe Hankawa
Los Angeles, Calif.

BROCCOLI CASSEROLE

- 1 pkg. frozen broccoli, thawed, or
- 1 lb. fresh broccoli, cooked
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ cup milk
- 2 tbsps. butter
- 1 cup grated cheese
- 1 egg
- 1 garlic, minced
- $\frac{1}{4}$ cup butter
- 2 slices toast, cubed
- 2 tbsps. Parmesan cheese

Place broccoli in buttered shallow baking dish, sprinkle salt. Combine milk, 2 tbsps. butter and grated cheese in pan. Heat slowly until cheese melts. Cool. Stir in egg to mixture and pour over broccoli. Saute garlic in butter, add toast cubes, toss. Pour over broccoli and then sprinkle Parmesan cheese over all. Bake at 350° for 30 minutes or until set. Serves 4 to 5.

Goes well with chicken or beef.

*Mari Uyemura
Gardena, Calif.*

87

BROCCOLI ORIENTAL

- 2 lbs. broccoli, trimmed (or fresh green beans)
- $\frac{1}{4}$ cup butter
- 1 can water chestnut, diced
- 2 tbsps. minced onion
- $\frac{1}{4}$ cup lemon juice
- 2 tbsps. soy sauce

Cut the broccoli in serving pieces. Cook, covered in a small amount of boiling salted water until tender. Drain.

Melt butter in a large skillet. Add water chestnut, minced onion, and salt and pepper to taste. Saute a few minutes. Then add the lemon juice and soy sauce.

Toss broccoli pieces into the skillet. Heat thoroughly and serve. Serves 6.

Aiko Takeshita
Auxiliary

BRUSSEL SPROUTS

1 pkg. frozen brussel sprouts

1/2 cup chicken broth or

1 chicken bouillon cube dissolved in

1/2 cup boiling water

1 small jar mushrooms, sliced

1 tbsp. onion, chopped

1 tbsp. butter

1 tsp. salt

parsley

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Cook brussel sprouts and chopped onion in the chicken broth until tender. Add the mushrooms with juice. Add butter. Garnish with a sprig of parsley. Serves 4.

Aiko Takeshita
Auxiliary

CABBAGE CASSEROLE

1 cabbage, about 3 lbs.

1 1-lb. can tomatoes, solid pack

1/2 lb. sharp cheese, shredded

salt, pepper and MSG (optional)

Chop cabbage coarsely and cook in a small amount of boiling salted water for about 4 minutes, and drain. Place cabbage in a 2 qt. casserole and stir in the tomatoes and $\frac{3}{4}$ of the cheese. Season to taste with salt, pepper and MSG. Sprinkle the remaining cheese over the top and bake at 350° oven for 35 minutes, or until cheese is melted and brown. Serves 6 to 8 .

Mitsu Sonoda
Auxiliary

CHINESE CABBAGE SAUTEED WITH BACON

- 1 head (1½ lbs.) Chinese cabbage**
- 3 slices bacon, cut in pieces**
- 4 green onions, thinly sliced crosswise**
- ¼ tsp. MSG (optional)**
- 1 tsp. white sesame seeds, toasted**

Wash the cabbage, remove any wilted or tough outer leaves and cut in convenient sections.

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Saute the bacon in a large heavy skillet until crisp. Drain all but 2 tbsps. bacon dripping. Add cabbage and cook quickly until wilted. Add the green onions, MSG, and salt to taste. Stir fry for about 5 minutes or until the cabbage is tender crisp. Sprinkle with toasted sesame seeds and serve at once. Serves 4.

Kei Hankawa
Auxiliary

SPICY CARROT STICKS

- 2 tbsps. butter or margarine**
- 1 tsp. cornstarch**
- ½ cup water**
- 1 tsp. salt**
- dash pepper**
- 4 whole cloves**
- 2 bay leaves**
- 8 medium carrots, cut in thin strips
(about 4 cups)**

Melt butter and blend in cornstarch. Add water. Cook, stirring constantly, until mixture is thickened. Add seasoning and carrots. Cover pan and simmer 10 to 12 minutes or until carrots are tender. Remove cloves and bay leaves. Makes 6 servings.

Kei Hankawa
Auxiliary

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CORN PIE

- 2 Ortega green chilies, chopped**
- 3 tbsps. butter**
- 1 can cream style corn**
- ½ cup corn meal (yellow)**
- 2 tbsps. sugar**
- ½ tsp. salt**
- ½ cup milk**
- 1 cup grated Cheddar cheese
(reserve some for top)**

Saute chilies in butter. Mix rest of ingredients. Pour into greased baking dish (8" square). Sprinkle reserved cheese on top. Bake 20 to 25 minutes at 400°.

Rena Hunter
Studio City, Calif.

SCALLOPED CORN AND OYSTERS

- 1 lb. can (2 cups) cream style corn
- 1 can oyster stew soup
- 1 small can oysters (optional)
- 1 cup medium cracker crumbs (20 to 22)
- 1 cup milk
- 1/4 cup finely chopped celery
- 1 egg, slightly beaten
- 1 tbsps. finely chopped pimienta
- 1/4 tsp. salt
- dash pepper
- MSG (optional)
- 2 tbsps. butter, melted
- 1/2 cup medium cracker crumbs (10 or 11)

Combine corn, oyster stew and 1 cup cracker crumbs, milk, celery, egg, pimienta, salt, MSG and pepper. Cut the oyster in half or quarters. Pour into greased 1 1/2 qt. casserole. Combine butter and 1/2 cup cracker crumbs. Sprinkle over corn mixture (in wreath design if you wish.)

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Bake in 350° oven for 45 minutes. Garnish with reserved oysters and bake 15 minutes more, or until a knife inserted halfway between center and edge comes out clean. Serves 6.

Mary Yanokawa
Auxiliary

PEPPED UP CORN SAUTE

- 1 large clove garlic, finely minced
- 6 tbsps. oil
- 1 12-oz. can whole kernel corn
- 1 tsp. basil
- 1/2 tsp. salt
- 1/2 tsp. pepper

- 1/3 cup grated Parmesan cheese**
- 1/4 cup sesame seeds**
- 1/4 cup chopped parsley**

Saute garlic in oil until lightly browned. Add drained corn, basil, salt and pepper and toss well to blend. Sprinkle with grated cheese and sesame seeds. Cook until cheese is melted. Sprinkle with chopped parsley. Serve hot. Makes 4 servings.

Yuki Sato
Auxiliary

STUFFED EGGPLANT

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- 1 medium eggplant**
- salt and pepper**
- 3 tbsps. melted butter**
- 1/4 cup onion, chopped**
- 1 tbsp. parsley, chopped**
- 1/4 cup celery, chopped**
- 1/4 cup green pepper, chopped**
- 1 cup fresh tomatoes, chopped**
- 1/2 cup packaged herb-seasoned stuffing**
- 1 tsp. salt**
- 1/2 cup corn flakes**
- 1 tbsp. melted butter**

Wash eggplant; cut in half lengthwise and remove pulp to within 1/2 inch of skin. Salt and pepper eggplant shell. Dice pulp. Mix with 3 tbsps. melted butter, the vegetables, stuffing, and salt. Fill eggplant shell. Place in greased baking dish; cover with foil. Bake in 400° oven for 40 minutes. Remove foil. Combine corn flakes with melted butter; sprinkle over filling and bake uncovered for 10 to 15 minutes longer or till topping is lightly browned. Makes 6 servings.

Mary Yanokawa
Auxiliary

ORIENTAL EGGPLANT WITH SESAME SAUCE

- 6 Japanese eggplants (about 2 lbs.)**
- 1/4 cup chicken broth**
- 1/4 cup soy sauce**
- 1/2 tsp. freshly grated ginger**
- 1 tbsp. toasted sesame seeds**
- MSG (optional)**

Wash and dry Japanese eggplants. Trim off and discard both ends. Cut at equidistant slashes about 1/3 inch deep lengthwise to within about 1/2 inch of each end.

In a large saucepan, pour salad oil about 3/4 inch deep. Slip several eggplants at a time into the oil and fry, turning occasionally until soft when pressed, about 4 minutes. Drain and keep warm.

SAUCE:

Add chicken broth, soy sauce, grated ginger and toasted sesame seeds into a small saucepan, heat, mix and pour the sauce over the fried eggplants, serve immediately. Serves 4.

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Yuki Sato
Auxiliary

MUSHROOM CASSEROLE

- 1 lb. fresh mushrooms, sliced**
- 6 tbsps. butter**
- 1/2 cup green onions, chopped**
- 1/2 cup celery, chopped**
- 1/2 cup green pepper, chopped**
- 2 tbsps. parsley, chopped**
- 3/4 tsp. salt**
- 1/4 tsp. pepper**
- MSG (optional)**
- 1/2 cup mayonnaise**
- 6 slices firm white bread**
- 3 eggs**

- 2 cups milk**
- 1/4 cup grated or shredded
Parmesan or Romano cheese**

Saute mushrooms in butter for 5 minutes. Add onions, celery, green pepper, parsley and seasonings. Cook about 3 minutes longer. Remove from heat, and stir in mayonnaise and set aside.

Remove crust from bread, cut into 1 inch squares. Put half of the bread in greased 2 1/2 qt. casserole. Spoon mushroom mixture over bread, then cover again with remaining bread. Beat eggs and milk together until frothy and pour over casserole.

Refrigerate covered for at least 1 hour, or as long as overnight. Bake uncovered in 325° oven for 50 minutes. Remove from oven and sprinkle cheese and return to oven and bake 10 minutes longer, or until brown. Serves 6 to 8.

Looks like souffle.

*Amy Sugawara
Los Altos, Calif.*

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SAUCED MUSHROOMS

- 1 lb. small fresh mushrooms**
- 3 tbsps. butter**
- 1 tsp. onion salt**
- 1/2 tsp. salt**
- 1/8 tsp. pepper**
- 1/4 cup sherry wine**
- 3/4 cup sour cream**
- 1 tbsps. minced chives**
- 3 tbsps. chopped cucumber**

Quickly wash and pat dry mushrooms (never soak). Remove stems, saute caps in butter for a few minutes, add salt, pepper, wine and saute 1 minute. Stir in cream, chives and cucumber. Heat through. Serve on toast points if desired. Serves 4.

*Aiko Takeshita
Auxiliary*

MUSHROOMS IN WINE SAUCE

- 1 lb. medium size fresh mushrooms**
- 1 tsp. sweet basil**
- 1 tsp. marjoram**
- 1 tsp. minced chives**
- 1/2 cup melted butter**
- 1/3 cup chicken broth**
- 1/3 cup dry white wine**
- 3/4 tsp. salt**
- fresh ground pepper**

Wash mushrooms quickly and place in a 1 quart casserole.
Mix remaining ingredients and pour over mushrooms.
Cover and bake 30 minutes at 350° oven. Serves 4.

Trudi Clement
Beverly Hills, Calif.

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MUSHROOM AND GREEN BEANS A LA CHEDDAR

- 1 lb. fresh mushrooms or**
- 2 6-oz. cans sliced mushrooms**
- 5 tbsps. butter**
- 2 tbsps. flour**
- 1 cup milk**
- 1 1/2 cups Cheddar cheese, shredded**
- 5 drops (or more) hot pepper sauce**
- 1 10-oz. pkg. frozen cut green beans,**
cooked and drained, or
- 1 lb. fresh green beans, cooked and drained**
- 2 tbsps. toasted slivered almonds**

Rinse, pat dry and slice fresh mushrooms (5 cups) or drained canned mushrooms, reserving 1/2 cup of the liquid. In large skillet, melt 3 tbsps. of the butter. Add mushrooms and saute 5 minutes, stirring frequently. Set aside. In a medium saucepan, melt remaining 2 tbsps. butter. Stir in flour; cook and stir 1 minute. Gradually blend in 1 cup

milk if using fresh mushrooms or, if using canned mushrooms, 1/2 cup milk and the reserved 1/2 cup mushroom liquid.

Bring to boil, stirring constantly. Remove from heat and stir in 1 cup cheese and hot pepper sauce. Stir in mushrooms and green beans. Reheat until just heated through. Spoon into a shallow 1 1/2 qt. ovenproof serving dish. Sprinkle with remaining 1/2 cup cheese. Broil 4 inches from source of heat for about 3 minutes or until cheese is melted. Garnish with almonds. Serves 6 to 8.

Aiko Takeshita
Auxiliary

WHIPPED POTATOES WITH CHEESE

96

- 3 lbs. potatoes, peeled**
- 1/4 lb. butter**
- 1 6-oz. cream cheese**
- 1 green pepper, chopped**
- 4 stalks scallions, sliced**
- 1 small can minced pimiento (with juice)**
- 1/2 cup Cheddar cheese, grated**
- 1/2 cup Parmesan cheese, grated**
- 1/4 tsp. saffron**
- MSG (optional)**
- parsley**

Cook the potatoes, lightly salted, and mash while hot. Blend in, beating constantly, the 8 ingredients. The mixture should be fairly moist. If not, add a bit of cream or more butter. Pile in an ovenproof serving dish and bake uncovered at 350° for 30 minutes. Sprinkle with parsley.

This can be prepared well in advance of serving and put into the oven when needed.

Note: Instead of cooking the potatoes, you can do the same with baked potatoes. After whipping the potatoes, put back into the shell and bake.

Mary Yanokawa
Auxiliary

ALMOND-TOPPED POTATO PUFF

- 6 large potatoes, peeled**
- 2 eggs, separated**
- 1¼ tsps. each pepper and liquid hot pepper seasoning**
- 3 tbsps. green onion, finely chopped**
- salt**
- 2 tbsps. melted butter**
- ½ cup sliced almonds**

Cook the potatoes in salted water until tender. Mash while hot. Beat in the egg yolks, pepper, hot pepper seasoning, onion, and salt to taste. This much can be done ahead.

Just before baking, beat the egg whites until stiff; fold gently but thoroughly into the mashed potatoes. Turn mixture into a well greased, shallow 2-qt. casserole. Drizzle butter over top, then sprinkle with almonds. Bake, uncovered, in a 375° oven for 45 minutes (55 minutes if refrigerated) or until top is puffed and browned. Serve at once. Serves 8.

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Yuki Sato
Auxiliary

SPINACH CASSEROLE

- 2 bunches fresh spinach**
- 2 tbsps. chopped onion**
- 1 6-oz. jar marinated artichoke hearts, cut in half**
- ¾ tsp. salt**
- ¼ tsp. pepper**
- 1 3-oz. pkg. cream cheese, softened**
- ½ cup sour cream**
- ⅓ cup grated Parmesan cheese**

Wash the spinach thoroughly and cook until tender, not more than 5 minutes. Drain well. Cut in 2-inch lengths. Turn into a 1-qt. casserole.

Add onion, undrained artichoke hearts, salt and pepper, and mix lightly. Combine the cream cheese and sour cream and blend thoroughly. Spoon over the spinach and spread to cover with back of the spoon. Sprinkle Parmesan cheese on top.

Bake at 350° for 20 to 25 minutes. Makes 5 to 6 servings.

Dorothy Imai
Los Angeles, Calif.

SQUASH AND CORN STIR-FRY

98

- 3/4 lb. summer squash**
- 3/4 lb. zucchini**
- 2 green peppers, cut into thin strips**
- boiling salted water**
- 2 slices bacon, diced**
- 1 medium onion, chopped**
- 1 12-oz. can whole kernel corn, drained**
- 1/2 cup cream**
- 1 tsp. marjoram leaves**
- 1/2 tsp. chile powder**
- 1/2 tsp. salt**
- 1/2 tsp. MSG (optional)**
- 1/4 tsp. pepper**
- 1/4 cup grated Parmesan cheese**

Cut the squash and zucchini in 1/4-inch crosswise slices. Place the squash and zucchini and the green pepper strips in a small amount of boiling salted water and cook, covered, over medium heat until almost tender. About 5 minutes. Drain and cool quickly in cold water; drain well.

Meanwhile, cook the bacon until crisp; remove from pan and discard all but 1 tsp. of the drippings. Add onion and cook, stirring until limp. Stir in corn, cream, marjoram, chile powder, salt, MSG, and pepper.

Cook, stirring, until bubbly and slightly thickened. Stir in the squash, zucchini and peppers and heat just until hot throughout. Top with Parmesan and bacon. Serves 4 to 6.

Mary Yanokawa
Auxiliary

TOMATOES AND ZUCCHINI PROVENCAL

- 4 medium onions, peeled & sliced thinly**
- 1 small clove garlic, crushed**
- 6 tbsps. margarine**
- 1½ lb. zucchini, cut in ½-inch slices**
- 1½ tsp. salt**
- ¼ tsp. freshly ground pepper**
- ¼ cup consomme**
- 1 cup bread crumbs from day-old bread**
- ¼ cup grated Parmesan cheese**
- 4 tomatoes, cored and cut into sixths**

99

Saute onions and garlic until golden in 4 tbsps. butter. Push to one side. Saute zucchini for few minutes. Season with salt and pepper. Add consomme and simmer 15 minutes. Melt remaining 2 tbsps. butter, add bread crumbs and stir until golden. Remove from heat and stir in cheese. In shallow 2-qt. casserole, layer ½ the onions, zucchini and tomatoes. Sprinkle with ½ bread mix. Repeat. Bake covered at 350° for 10 minutes. Remove cover and continue baking another 20-30 minutes until vegetables are tender. Can be refrigerated before baking. Serves 8.

Cynthia Lusk
Los Angeles, Calif.

VEGETABLE CASSEROLE

- 2 10-oz. pkg. frozen broccoli, chopped**
- 2 12-oz. pkg. frozen spinach, chopped**
- 1 cup Monterey Jack cheese, coarsely grated**
- 1 can cream of mushroom soup**

Cook broccoli and spinach as directed on package. Drain.

In a 2-qt. casserole, place half of the broccoli, cover with half the cheese and layer with half of the soup. Add spinach, followed with remainder of cheese, soup, and broccoli.

Bake uncovered at 350° for 25 minutes. Serves 6 to 8.

Elna Anderson
Lomita, Calif.

TOY'S VEGETABLE CASSEROLE

100

- 1½ lbs. fresh string beans,
cut in 2-in. pieces or**
- 2 lbs. broccoli, cut in 2-in. pieces**
- 2 small carrots, sliced**
- 1 stalk celery, sliced**
- 1 small can water chestnuts, sliced**
- 1 can cream of mushroom soup**
- ¼ cup sherry wine**
- ½ cup French fried onions**

Parboil the vegetable. Drain. (Frozen string beans or broccoli may be used.)

Bring carrots, celery, and water chestnuts to boiling point. Drain.

Combine mushroom soup and sherry wine. Layer the vegetables and soup mixture alternately. Top with French fried onions. Bake at 350° for 30 to 45 minutes. Serves 6 to 8.

Toy Kanegai
Auxiliary

CALIFORNIA VEGETABLE CASSEROLE

- 1 pkg. frozen artichoke hearts**
- 1 pkg. frozen lima beans**
- 1 pkg. frozen cut string beans**
- 1 can water chestnuts, sliced**
- 1/2 cup butter**
- 1 lb. fresh mushrooms, sliced**
- 1 small onion, chopped**
- 1/4 cup flour**
- 1 tsp. salt**
- 3 cups milk**
- 1/2 tsp. pepper**
- 1 lb. Cheddar cheese, grated**
- 1/8 tsp. Tabasco sauce**
- 1 tsp. soy sauce**
- 1 can French fried onions**

101

Cook the frozen vegetables according to directions on the packages.
Drain and set aside.

In a skillet saute mushrooms and onions in butter for about 5 minutes.
In another pan, mix flour, milk, salt and pepper and cook until smooth
and thick. Add Cheddar cheese, Tabasco sauce and soy sauce, and
cook until smooth. Add mushrooms to cheese sauce. Mix in the
cooked vegetables and sliced water chestnuts. Pour into buttered
9x13 inch pan and bake at 350° for 30 minutes. Take out of oven
and sprinkle the French fried onions. Heat for 10 minutes more.

May be made ahead. Good buffet vegetable.

*Mary Faubion
Tarzana, Calif.*

VEGETABLE MEDLEY

- 4 carrots**
- 2 potatoes**
- 1 eggplant**

- 1 onion**
- 2 whole tomatoes**
- 2 zucchini**
- 1/2 pkg. frozen peas**
- 1 cup rice, washed**
- 1/2 cup salad oil**
- 2 tsps. Tabasco sauce**
- 3 tsps. salt**
- 1/2 lb. Monterey Jack cheese, shredded**

Cut all the vegetables into 1/2-inch cube pieces. Mix all ingredients in large casserole, except cheese, and let stand for few minutes. Sprinkle with cheese. Bake in a large casserole, covered, at 350° for 1 1/2 hours.

VARIATION:

4 to 5 shiitake, soaked in water and sliced, can be added to the casserole.

102

Frances Uchida
West Los Angeles, Calif.

MIXED VEGETABLE STIR-FRY

- 1/4 lb. green beans, trimmed and cut in 2-inch pieces**
- 4 slices bacon, cut in 1/2-inch lengths**
- 1 clove garlic, minced or mashed**
- 1 medium onion, chopped**
- 4 zucchini (about 1 lb.) cut in 1/4-inch slices**
- 2 tbsps. California green chiles, chopped**
(seeds removed)
- 2 medium tomatoes, coarsely chopped**
- salt and pepper to taste**
- 1/2 cup Parmesan cheese, grated**

Cook the beans, uncovered, in about one quart of boiling salted water over high heat for about 5 minutes or until the beans are barely tender. Drain and set aside.

In a large frying pan, cook bacon pieces until crisp. Remove bacon from the pan and drain. Discard all but 2 tbsps. of the bacon dripping. Place pan over high heat; add garlic and onion and cook, stirring frequently, until onion is limp. Add cooked beans and zucchini, stirring constantly, until the squash is barely tender (about 2 minutes). Stir in chiles and tomatoes, just to warm through. Season with salt and pepper.

Transfer to serving dish and top with bacon pieces. Pass Parmesan cheese to sprinkle over individual portions. Serves 4.

Yuki Sato
Auxiliary

YAMS MANDARIN

- 1 large can (1 lb., 13 oz.) yams in heavy syrup**
- 1 can Mandarin oranges**
- ½ tsp. each: nutmeg, cinnamon, ground ginger**
- 3 whole cloves**
- 1 tbsp. cornstarch**
- ½ cup dark brown sugar, firmly packed**
- 1 tbsp. mixed candied fruit (optional)**

103

Drain syrup from yams; measure and save half. Drain Mandarin oranges, retaining all liquid and combine with syrup from yams. Stir into the liquid the nutmeg, cinnamon, ginger, cloves, cornstarch, and brown sugar. Heat in a pan, adding candied fruit if desired. Stir until thickened. Place yams in a buttered 1½-qt. casserole. Pour sauce over yams and heat in slow oven at 250° until yams are heated through. Serves 6.

Delicious, perfect with ham, turkey or pork.

Mary Faubion
Tarzana, Calif.

BAKED ZUCCHINI CASSEROLE

- 1 lb. zucchini
- 2 tbsps. butter
 - salt, pepper and seasoned salt, to taste
 - pinch of nutmeg
- 1 green pepper, chopped
- 2 tbsps. onion, chopped
- 1 tsp. hot pepper, chopped, or less
- 3 tbsps. oil
- 4 eggs
- 1/4 cup light cream
 - Parmesan cheese, grated

104

Cook zucchini, trimmed and sliced, in boiling salted water to cover for 1 to 2 minutes, or until barely tender, and drain. Combine zucchini with 2 tbsps. butter, melted, season with salt and pepper, seasoned salt and a pinch of nutmeg, and arrange the slices in a large glass pie dish or baking dish, buttered, leaving a space in the center.

With 3 tbsps. oil in a saucepan, saute the green pepper, onion and hot pepper until vegetables are tender. Season with a little salt and put them in the center of the dish.

In a bowl, beat 4 eggs with the light cream, salt and pepper to taste and a pinch of nutmeg, pour over the vegetables. Sprinkle the top with grated Parmesan cheese and bake at 450° for 10 to 15 minutes, or until eggs are set and top is lightly browned.

Serves 4 as a luncheon or a late night dish, or 6 as a vegetable with dinner.

Judy Lamm
Santa Monica, Calif.

ZUCCHINI COOKED IN FOIL

- 4 to 6 medium-sized zucchini
- 1 large onion, sliced thin
- 2 tbsps. butter

- 1 pkg. dry Good Seasoning Italian Dressing mix**
- salt and pepper**
- MSG (optional)**

Cut the zucchini in 1/4-inch slices. Mound zucchini and onions in the center of a double thick sheet of heavy foil that is large enough to fold loosely around the vegetables. Dot with butter, sprinkle with the Italian dressing mix, salt, pepper and MSG.

Fold foil loosely around zucchini, sealing with leakage proof, double turned folds. Place packet on a grill 4 to 6 inches above hot coals and cook for about 20 minutes; turn packet over frequently. To test doneness, pinch vegetables (using hot pad) in corner of packet. When they just give to pressure they are ready to serve. Carefully open one end (hot steam puffs out) and serve from foil or pour onto plates. The packet can be put in the oven at 350° for approximately 30 minutes. Serves 4 to 6. Individual packets can be made for quicker cooking.

Janice Okinaga
West Los Angeles, Calif.

105

ZUCCHINI CORN PUDDING

- 1 medium onion, coarsely grated**
- 1/2 green pepper, coarsely grated**
- 1 clove garlic, chopped fine**
- 2 tbsps. butter or margarine**
- 2 tbsps. olive oil**
- 4 large zucchinis, coarsely grated**
- 1 cup corn (frozen, fresh or canned)**
- 1 tsp. salt or to taste**
- dash pepper**
- 1 tsp. MSG (optional)**
- 1/2 cup grated Cheddar cheese**
- 2 eggs, separated**
- 1 small can of drained mushrooms, chopped,**
may be added for the gourmet touch

Saute grated onion, green pepper and garlic in butter and oil in a large skillet. Add zucchini and cook 10 minutes. Stir in corn, salt, pepper and MSG and cool.

Add cheese and beaten egg yolks. *Beat whites of eggs until stiff, fold into the squash mixture. Bake in a greased 1½-qt. casserole. Set in pan of water and bake at 350° oven for 1 hour.

(*Preparation may be done ahead to the point of adding whites of eggs which should be done just before putting in the oven.) Serves 6 to 8.

Esther Talmage
Santa Monica, Calif.

ZUCCHINI ITALIAN

4 to 6 zucchinis

4 strips bacon

1 can stewed tomatoes

salt and pepper to taste

106

Wash zucchinis and slice. Chop bacon and saute until crisp. Drain fat. Add stewed tomatoes and simmer 5 to 10 minutes. Add zucchini and cook slowly. Salt and pepper to taste.

Flo lida
Gardena, Calif.

Entrees



ENTREES



BEEF

- 111 Roast Beef Brisket
- 111 Bar-B-Qued Brisket
- 112 London Broil
- 112 Steak San Marco
- 113 Short Ribs
- 113 Rouladen
- 114 Greek Moussaka
- 115 Hungarian Goulash with
Potato Dumpling
- 116 Sauerbraten with Yugoslavian
Dumplings
- 117 Steak and Zucchini Supper
- 118 Beef Curry
- 119 Texas Chili Beef Stew
- 120 Cherrie's Noodle Casserole
- 120 Beef-Cheese Dinner
- 121 Chili Verde
- 122 Chili Beef Loaf
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- 123 Enchilada Casserole
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PORK

- 126 Pork Roast, Philippines
- 126 Pork Chop Casserole
- 127 Pork Chops and Cabbage
- 128 Cranberry Pork Chops
- 128 Pork Chop 'n Stuffing
- 129 Porkers Sweet and Sour
- 129 Geschnetzeltes Nach
Zuercher Art
(Meat dish a la Zuerich)
- 130 Urner Rispor Swiss
(Rice and Leeks)
- 131 Bar-B-Q Spareribs
- 131 Barbecued Spareribs

LAMB

- 132 Butterflied Leg of Lamb
- 132 Braised Lamb Chops
- 133 Baked Lamb in Packets
- 134 Lamb Riblets with Barbecue Sauce
- 135 Lamb Riblet-Eggplant Casserole
- 135 Lamb Curry Special
- 136 Spiced Lamb Stew (Hericoz de Mouton)

VEAL

- 137 Veal Piccata
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- 139 Braised Veal with Herbs
- 139 Hungarian Goulash Szekely

CHICKEN

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- 141 Pineapple Chicken
- 142 Chicken Marengo
- 143 Chicken Breasts Supreme I
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- 144 Viva La Chicken
- 145 Chicken Tetrizzini
- 146 Colonial Chicken
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- 148 Chicken and Cheese Enchiladas
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- 151 Chicken Almond Casserole
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TURKEY

- 152 Roast Turkey,
Variation #1
- 153 Roast Turkey,
Variation #2

FISH

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- 154 Zippy Baked Fish
- 155 Brazilian Baked Trout
- 155 Sea Bass en Papillote
- 157 Salmon Souffle
- 158 Shrimp Italiano
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- 160 10-Minute Shrimp Curry
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- 161 Crab and Mushroom
Ramekins
- 162 Crab Pie
- 163 Busy Day Tuna-Macaroni
Casserole
- 164 Bay Seafood Casserole
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- 166 Cioppino #1
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- 168 Clam Crepes

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MISCELLANEOUS

- 169 Crepes
- 171 Onion Rice Casserole
- 171 Rice Pilaff
- 172 Falafel
- 174 Piperade Omelet
- 175 Pizza from Scratch

ROAST BEEF BRISKET

- 3 to 4 lbs. beef brisket
- 1 pkg. dry onion soup mix
- 1/3 cup rice wine
- 2 cups water and pan juice
- 2 tbsps. flour
- 1 cup warm water
- MSG (optional)

Salt and pepper beef on both sides and lay in large roasting pan. Pour soup mix over meat and add rice wine. Cover pan with aluminum foil and make in 350° oven for 3 to 4 hours. Set meat aside when done. Make gravy in the same pan on top of the stove by pouring water in the pan juice. Mix flour and water and add to pan, stirring constantly until gravy thickens. Slice meat and arrange on platter. Pour gravy over meat. Serves 6 to 8.

Janet Fukuhara
Los Angeles, Calif.

111

BAR-B-QUED BRISKET

- 6 lbs. beef brisket
- onion powder
- garlic powder
- celery powder
- liquid smoke
- 1/2 cup chili sauce
- 1/2 cup catsup
- 1 cup B-B-Q sauce

Trim fat from brisket and place on heavy foil. Sprinkle with onion, garlic and celery powder; sprinkle with liquid smoke. Seal and bake 4 hours in 300° oven. Pour out half of the meat juices. Combine chili sauce, catsup and B-B-Q sauce and spread over meat. Re-seal and bake for another hour.

Serve with saffron rice and a big, green salad. Serves 12.

Ruthe Satow Wilkinson
Hawthorne, Calif.

LONDON BROIL

1½ to 2 lbs. flank steak

1 pkg. Italian salad dressing mix

½ cup salad oil

½ cup wine

salt and pepper

MSG (optional)

8 to 10 slices bacon

Score flank steak and cut into 2 inch strips. Combine salad mix, oil, wine and seasonings. Fry bacon strips lightly (still limp). Place strip of flank steak on top of bacon slice and roll, pin-wheel fashion. Skewer with picks and place meat in marinade for 4 to 5 hours, basting often. Barbecue for a delicious flavor or broil in broiler on both sides until browned. Serves 4 to 5.

Mitsu Sonoda
Auxiliary

112

STEAK SAN MARCO

2 lb. round or chuck steak cut into serving pieces

1 envelope onion soup mix

1 can (1 lb.) Italian peeled tomatoes
(can be regular canned tomatoes)

1 tsp. oregano

freshly ground pepper and garlic powder to taste

2 tbsps. cooking oil

2 tbsps. wine vinegar

Arrange meat in large skillet. Combine all other ingredients together and cover meat. Simmer on low flame, covered, 1½ hours or until meat is tender. Serves 4 to 6.

Marian Susuki
Auxiliary

SHORT RIBS

- 4 lbs. short ribs
- 1 onion, chopped
- 1/2 cup catsup
- 1/4 cup water
- 1/4 cup vinegar
- 3 tbsps. brown sugar
- 1 1/2 tps. salt
- 1 tsp. sweet basil
- 1 tsp. MSG (optional)
- 1/4 cup sherry
- 1/4 tsp. pepper

Brown ribs in own fat and drain. Cook ribs over low heat for 1 1/2 hours, covered. Drain again; then add rest of the ingredients and cook 1 hour longer. Add flour to thicken sauce. Serves 6 to 8.

Kazue Middo
West Los Angeles, Calif.

113

ROULADEN

Meat — teriyaki beef, sirloin tip or top round
approximately 1/4" thick

Bacon — 1/2" strips the width of the meat

Pickle (dill or Kosher) 1/8" strips the width
of the meat

Chopped onion

French mustard

Salt and pepper

Spread meat with mustard. Sprinkle on salt and pepper, if desired.
Place strip of bacon on meat, widthwise (short length) about 1" from
lower end of meat. Place strip of pickle on top of bacon.
Spread some chopped onions next to bacon and pickle.
Roll up meat and anchor with meat skewer or tooth pick.
Roll meat in flour. Lightly saute meat rolls in skillet with salad oil

until brown. Add water to pan drippings and scrape off all drippings on skillet. Pour all contents into a deep pan.

Place rouladen rolls in deep pan together with frying pan drippings. If necessary, add more water to cover meat; for added flavor, add chopped onions, carrots, celery. Bring rouladen and liquid mixture to a boil. Then let simmer for about one hour. Remove rouladen from pan. Remove meat skewers or tooth picks from rouladen. Make gravy from pan liquid. Thicken with flour and season to taste. Add some sour cream, if desired.

Make as many or as few rolls as desired. Approximately three rolls per adult for dinner, depending on width of meat. Serving suggestion, good served with mashed potatoes or potato dumplings and red cabbage.

Grace Seto
West Los Angeles, Calif.

GREEK MOUSSAKA

114

- 1 eggplant, sliced thin**
olive oil
- 1 lb. ground beef**
dash cinnamon
- 1 small onion, grated**
- 1 tomato, diced or its equivalent of**
tomato paste or tomato sauce
- 1 tsp. oregano**
grated cheese (any kind)
filo pastry (available in Greek markets)

SAUCE:

- 2 tbsps. flour**
- 2 tbsps. margarine**
- 1 cup milk**
- 2 eggs**

Saute eggplant on both sides in olive oil. (If eggplant is not too fresh, soak in salt water for 15 minutes, then drain and pat well. (Sliced cooked potatoes or cooked elbow macaroni can be substituted for the eggplant). Layer eggplant, meat and filo pastry strips. Make sauce of margarine, flour and milk in sauce pan over low heat, stirring constantly as so not to brown the sauce. Take it off the stove, add eggs and beat thoroughly. Pour sauce over meat and sprinkle with grated cheese. Bake in 375° oven for about 1/2 hour. Serves 6 to 8.

Margrith Strates
Los Angeles, Calif.

HUNGARIAN GOULASH WITH POTATO DUMPLINGS

- 2 lbs. lean stewing meat or beef brisket**
- 1½ to 2 lbs. onion, sliced**
- 1 tsp. paprika**
- 1 tsp. caraway seeds**
- salt and pepper**
- 1 clove garlic, minced**
- 2 tbsps. lard or shortening**
- 2 tbsps. tomato paste**
- lemon peel**
- 2 tbsps. sour cream**
- 2 lbs. sauerkraut, rinsed, drained**

115

Fry onions in lard or shortening, until golden. Add garlic, tomato paste and meat, stirring well. Sprinkle meat with paprika and let mixture cook in its own juice. (Add a little water, if necessary). Add pre-cooked sauerkraut 20 minutes before meat is completely tender. When goulash is fork-tender, add lemon peel, caraway seeds, salt, pepper and sour cream. Keep hot until serving time.

POTATO DUMPLINGS:

- 2 lbs. boiled potatoes**
- 2 tbsps. flour**
- 2 tbsps. potato starch**
- 1 egg**

milk
salt

Grate or mash cold potatoes and mix with flour, potato starch, egg, and if needed, with some milk. Form dumplings and put into boiling salted water until done. You can add croutons which can be placed into the middle of each dumpling or fried bacon and finely chopped onions. Serves 4.

Hannelore Mason
West Los Angeles, Calif.

SAUERBRATEN WITH JUGOSLAVIAN DUMPLINGS

116

3 to 4 lbs. beef suitable for roasting
1½ cups vinegar or
1 cup red wine and
½ cup vinegar
2½ cups water
1 large onion, quartered
1 tsp. black peppercorn
3 to 4 bay leaves
salt

Cook above marinade and chill. When cold, place meat in marinade, cover and refrigerate for three days, turning meat twice daily. Brown meat slightly on both sides in small amount of oil. Add a little of marinade to cover bottom of pot and simmer over low flame for 1½ to 2 hours or until fork-tender. Add marinade, whenever needed.

GRAVY:

½ cube butter or margarine
2 tbsps. flour
salt, pepper
2 to 3 tbsps. sour cream

In separate skillet, melt butter or margarine and add flour.
Pour marinade through strainer and add to butter mixture, stirring constantly until smooth. Add salt and pepper and remove from heat. Add sour cream. Place meat in gravy and keep warm but do not boil.

DUMPLINGS:

- 1 lb. white bread, cubed**
- $\frac{3}{4}$ can of 12 oz. beer**
- 2 eggs**
- 2 tbsps. flour (heaping)**

Cube bread in the morning and let it stand until ready to prepare dinner. Mix above ingredients well and form dumplings, the size of tennis balls. Press together firmly so they do not fall apart. Place into strainer, cover and steam over boiling water, 6 to 8 minutes on each side. Remove lid and let stand for 5 minutes until ready to serve.

Alice Velderman
Palos Verdes, Calif.

117

STEAK AND ZUCCHINI SUPPER

- 1 lb. flank steak**
- 1 10½ oz. can cream of mushroom soup**
- 1 tbsp. oil**
- $\frac{1}{2}$ cup water**
- $\frac{1}{2}$ envelope (about 2 tbsps.) spaghetti sauce mix with mushrooms**
- 3 to 4 medium zucchini, cut in 1 inch slices**

Cut flank steak into thin strips, and quickly brown in skillet in which oil has been added. Add soup, water and spaghetti sauce mix; stir until well-combined. Cover, cook over low heat for 20 minutes, stirring occasionally. Add zucchini. Cover and continue cooking for 10 to 12 minutes or until zucchini is tender-crisp. Serve over hot noodles or rice. Serves 4.

Betty Sunahara
Culver City, Calif.

BEEF CURRY

- 1 lb. round steak or stew meat
bite-size
- 1 large onion, sliced
- 1½ tsps. curry powder
- 1 tsp. fresh ginger, chopped or
- ¼ tsp. ground ginger
- 1 clove garlic, minced or mashed
- 1 can (8 oz.) tomato sauce
- 1 can water
- 1 tsp. salt
- 2 to 3 tsps. Worcestershire sauce
- ¼ tsp. thyme
- ¼ tsp. pepper
- 1 pkg. green beans, frozen
- ½ cup mushrooms, sliced

118

Coat meat with flour. Heat oil in a heavy pan and add onion, curry, ginger and garlic. Cook until onion is slightly browned. Push onion to one side of pan and brown the meat well on all sides.

Add tomato sauce, water, worcestershire sauce, thyme, pepper and salt. Cover and simmer until meat is tender, about one hour.

Add green beans and mushrooms (or other vegetables) and continue cooking, until tender. Serve over hot rice. Serves 4.

Suki Uyeno
Auxiliary

TEXAS CHILI BEEF STEW

- 4 lbs. beef short ribs
salt, garlic salt, pepper
flour
- 3 tbsps. oil
- 1 large onion, chopped
- 1 green pepper, diced
- 2 cloves garlic, minced
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 can (1 lb.) tomatoes
- 1 can (4 oz.) green chili, seeded and chopped
- 1 tsp. instant beef broth
- 1 cup boiling water
- 1 tsp. salt to taste
MSG (optional)
- 2 cans (1 lb. each) kidney beans, drained
- 1 can (1 lb.) whole kernel corn, drained

119

Season short ribs lightly with salt, garlic salt and pepper. Coat lightly with flour and brown in oil in a skillet. Remove and drain off fat. In a heavy kettle or Dutch oven, heat drippings from skillet and saute onion, green pepper and garlic. Stir in chili powder and cumin; cook, stirring constantly, about 2 minutes.

Add tomatoes and green chili. Dissolve instant beef broth in boiling water and stir into tomato mixture. Return ribs to pan and bring to boiling. Lower heat. Cover and simmer 2 hours or until meat is tender and falls away from the bones. Add MSG and salt to taste.

Add kidney beans and corn; heat about 5 minutes. Serve with salad and crusty bread or warm, buttered tortillas. Serves 8.

Taye Isono
Auxiliary

CHERRIE'S NOODLE CASSEROLE

- 2 tbsps. oil
- 1 tbsps. green pepper, chopped
- 1 large onion, chopped
- 1 clove garlic, crushed
- 1½ lbs. ground beef
- 1 8-oz. pkg. wide noodles
- 1 1-lb. can cream-style corn
- 1 can tomato soup
- 1 8-oz. can tomato sauce
- 1 tsp. salt
- ¼ tsp. pepper
- 1 cup American cheese, shredded

120

Heat oil and add onion, green pepper and garlic and saute until tender. Add meat and cook until brown. Cook noodles in boiling salted water until tender and drain. Mix noodles with corn, tomato soup and tomato sauce. Add meat mixture, salt and pepper and toss to blend. Turn into a 3 quart casserole and sprinkle with shredded cheese. Bake in 350° oven for 1 hour. Serves 8.

Frances Uchida
West Los Angeles, Calif.

BEEF-CHEESE DINNER

- 1 lb. lean ground beef
- 1 tbsps. instant minced onion
- ½ tsp. garlic salt
- 2 cans (8 oz. each) tomato sauce
- 1 cup ripe olives, chopped or sliced
- 1 cup (½ pt.) dairy sour cream
- 1 cup (½ pt.) small curd cottage cheese
- 3 to 4 canned green chili, seeded and chopped
- 1 pkg. (6½ oz.) crisp tortilla chips
- 2 cups (½ lb.) grated Monterey Jack cheese

Brown beef until crumbly and drain off fat. Add onion, garlic salt, tomato sauce and olives to beef. Combine sour cream and cottage cheese with green chili. Crush tortilla chips slightly, reserving a few whole ones for garnishing top. Place half of the chips in the bottom of a well-buttered 2½ quart casserole. Add half of the meat mixture and cover with half of the sour cream mixture; sprinkle with half of the grated cheese. Repeat layers. Bake uncovered in a moderate, 350° oven 30 to 35 minutes, until bubbly. Garnish with reserved tortilla chips. Serves 6 to 8.

Jean Hicks
Los Angeles, Calif.

CHILI VERDE

- 1½ lbs. boneless beef chuck,
cut in 1 inch cubes
- 1½ lbs. boneless lean pork shoulder,
cut in 1 inch cubes
- 3 tbsps. olive oil or salad oil 121
- 1 medium green pepper,
seeded and coarsely chopped
- 1 large clove garlic, minced
- 2 large cans (1 lb. 12 oz. each) tomatoes
- 1 large can (7 oz.) green chili,
seeded and chopped
- ⅓ cup parsley, chopped
- ¼ tsp. ground cloves
- 1 cup dry red wine
- 1 tsp. sugar
- 2 tsps. ground cumin
- salt
- MSG (optional)

Brown meat a little at a time on all sides in heated oil. Remove with a slotted spoon and reserve. In pan drippings, saute green pepper and garlic until soft. In a large pan (at least 5 qts.) combine tomato and liquid, green chili, parsley, seasonings and wine. Bring to a boil, then reduce heat to a simmer. Add browned meats, juices and

sauteed vegetables. Cover and simmer for 2 hours, stirring occasionally. Remove cover and simmer for about 45 minutes more until sauce is reduced to thickness you desire and the meat is very tender. Serve with warm, buttered flour tortillas. Serves 6 to 8.

Taye Isono
Auxiliary

CHILI BEEF LOAF

- 2 lbs. ground beef**
- 1/2 cup bread crumbs**
- 1 medium onion, minced**
- 2 eggs, beaten**
- 1/8 tsp. pepper**
- 1 tsp. salt**
- dash of garlic powder**
- 1/2 cup green chili salsa**
- 1 4 oz. can whole green chili, drained
and seeded, cut in strips**
- 5 slices Jack cheese, cut in strips**

122

Combine beef, bread crumbs, onion, eggs, salt, pepper and garlic powder. Mold half the mixture into a baking pan. Spread half of the salsa over meat, then half of the chili slices over meat, top with half of the cheese slices, cutting to fit. Cover with remaining meat, then the remaining salsa. Bake at 350° for 1 hour. Arrange remaining chili strips over loaf and top with remaining cheese. Bake 5 minutes longer or until cheese begins to melt. May be garnished with avocado slices and sour cream. Serves 6.

Taye Isono
Auxiliary

ENCHILADAS

- 1 lb. ground round
- 1 doz. corn tortillas
- 1 can Spanish red chili sauce
(Las Palmas, use 1/2 can or more,
according to how hot you like it)
- 2 1/2 cups canned tomatoes
- 1/2 lb. Tillamook cheese, grated
- 1 can olives, chopped
- 1/2 tsp. oregano
- 1 large onion, chopped
- salt and pepper

Brown meat and drain oil. Add seasonings, chili sauce, tomato and simmer for 40 minutes. Meanwhile, grate cheese, chop onion and olives. To assemble, drop tortilla into hot meat sauce until limber, soft and pliable. Remove and place 2 heaping tbsps. meat sauce and 1 tsp. each of cheese, onion and olives in center. Fold over and fasten with toothpick. Place in shallow pan and pour remaining sauce and cheese over top to complete. Makes 1 doz. enchiladas. Bake 7 minutes at 400°.

123

Elaine Nakata
Torrance, Calif.

ENCHILADA CASSEROLE

- 1 1/2 lbs. ground beef
- 1 small onion, chopped
- salt, pepper, MSG (optional)
- 1 pkg. (1 1/4 oz.) taco seasoning mix
- 1 cup water
- 3/4 cup bottled taco sauce
- 10 corn tortillas
- 2 pkgs. (10 oz.) frozen spinach chopped or
- 1 lb. fresh spinach, parboiled, chopped

- 3 cups shredded Jack cheese**
- 1/2 lb. cooked ham, diced or boiled ham cut in strips**
- 1 cup sour cream**

Combine beef and onion in skillet and brown over high heat, stirring meat until it crumbles. Add salt, pepper, MSG, taco seasoning mix and water. Stir, cover and simmer for 10 minutes. Pour half of taco sauce into 3 quart baking dish and turn 5 of tortillas in sauce to coat them lightly; overlap them in bottom of baking dish. Press most of the water from spinach in a wire strainer and chop if fresh spinach is used. Stir half of spinach in beef; spoon beef-spinach mixture over tortillas in the casserole and sprinkle with half of Jack cheese. Cover with remaining tortillas, overlapping them. Spread remaining taco sauce and distribute ham on top. Spread with sour cream. Scatter remaining spinach over sour cream and top it all evenly with remaining cheese. Bake in 375° oven for 50 minutes, the first 25 minutes covered. Serves 8 to 10.

Mitsu Sonoda
Auxiliary

124

CHILI RELLENO CASSEROLE

- 1 lb. ground beef**
- 1/2 cup onion, chopped**
- 2 (4 oz. each) can green chili, drained**
- 6 oz. sharp natural Cheddar cheese, shredded**
- 1 1/2 cups milk**
- 4 eggs, beaten**
- 1/4 cup flour**
- 1/2 tsp. salt**
- pepper**
- MSG (optional)**
- dash Tabasco sauce**

Brown beef and onion and sprinkle with salt, pepper and MSG. Cut chili in half cross-wise; remove seeds and place half of chili in

a 10x6x1½ inch dish. Sprinkle with cheese and top with meat. Arrange remaining chili over meat. Combine other ingredients and beat until smooth and pour over chili. Bake in 350° oven for 45 to 50 minutes, until knife comes out clean. Serves 8.

Betty Shimotsuka
West Los Angeles, Calif.

FIESTA ZUCCHINI

- 1½ lbs. ground beef**
 - 1 med. onion, chopped**
 - 2 cloves garlic, minced**
 - 1 tbsp. salad oil**
 - 1 can solid pack tomatoes (#2½)**
 - 1 can tomato paste (6 oz.)**
 - 1 can whole green chiles (4 oz.)
seeded and chopped**
 - 1 small can corn, drained**
 - ½ cup pitted ripe olives**
 - 1½ cups grated sharp Cheddar cheese**
 - 6 med. zucchini, sliced ¼ inch thick**
 - ¼ tsp. oregano**
 - 1 tsp. sugar**
 - salt to taste**
 - MSG (optional)**
- 125**

Saute meat, onion, and garlic together in oil in large skillet until meat is browned and crumbly. Add tomatoes, tomato paste, chili peppers, grated Cheddar cheese, and mix well. Add zucchini, corn, olives, oregano, seasonings and stir gently. Simmer uncovered, for 10 minutes. Turn into a 8x12 inch baking pan and sprinkle generously with Parmesan cheese. Bake in 350° oven for one hour, or until sauce is thickened and the top is nicely browned and slightly crusty. Serves 6.

Taye Isono
Auxiliary

PORK ROAST, PHILIPPINES

- 2 large green peppers, cut in thin strips**
- 2 or 3 cloves garlic, slivered**
- 1 boneless pork loin (3 lbs.)**
- 1/2 cup water**
- 1 cup white wine vinegar**
- 1 cup white wine**
- 2 tsps. salt**
- 2 tsps. sugar**
- 1/2 tsp. pepper**
- 4 tbsps. soy sauce**
- 1/4 tsp. ginger, ground**
- MSG (optional)**

Line pan or casserole with pepper strips. Insert garlic slivers in roast. Combine liquids and seasonings. Roast uncovered in 400° oven for 20 minutes. Then lower heat to 350°. Cook for 2 hours. Baste frequently, every 25 minutes or so. Slice and serve with juice. Serves 8.

Mitsu Sonoda
Auxiliary

PORK CHOP CASSEROLE

- 1 pkg. pre-sliced frying potatoes or**
- 3 medium potatoes, sliced**
- 6 pork chops**
- 3/4 cup water**
- 1 can condensed cream of celery soup**
- 1 tbsp. seasoning salt**
- 4 cups cabbage, shredded**
- 3 carrots, sliced**
- 1/4 cup onion, chopped**
- 3 tbsps. butter or margarine**
- salt and pepper**
- MSG (optional)**

Brown pork chops lightly on both sides in a greased skillet. Remove chops and pour off excess fat. Add water to meat drippings and gradually add celery soup and seasoning salt. Blend thoroughly. In greased 2 qt. casserole, layer vegetables in the following order; cabbage, carrots, potatoes. Sprinkle each layer with 1 tsp. onion and spoon $\frac{1}{3}$ of celery soup mixture over it. Arrange pork chops on top. Sprinkle with salt, pepper and MSG. Dot with butter. Cover and bake in 350° oven for 1 hour. Uncover last 10 minutes of cooking. Serves 6.

Mitsu Sonoda
Auxiliary

PORK CHOPS AND CABBAGE

- 2 medium onions, sliced**
- 1 clove garlic, minced**
- 2 tbsps. oil**
- 6 pork chops**
- 1 medium cabbage, shredded**
- 1 1-lb. can whole tomatoes**
- salt and pepper**
- MSG (optional)**
- 1 cup red wine**

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Cook onion and garlic in oil. Remove and add pork chops. Cook over high heat until brown. Place chops in casserole and top with onion and garlic. Add cabbage, tomatoes and seasonings. Cover and cook over low heat for 30 minutes. Add wine and cook 30 minutes longer. Serves 6.

Mitsu Sonoda
Auxiliary

CRANBERRY PORK CHOPS

- 6 pork chops, about 1/2 inch thick**
- salt and pepper**
- 1 1-lb. can whole cranberry sauce**
- 1 tsp. grated orange peel**
- 2 tsp. cornstarch**
- 6 orange slices**

Trim fat from chops, using trimmed fat to grease a large skillet. Season chops with salt and pepper. Brown on both sides in hot skillet. Combine cranberry sauce and orange peel and spoon half of the sauce over the chops. Cover and simmer for 40 minutes. Remove chops from skillet. Stir cornstarch into remaining cranberry sauce until smooth. Gradually add to mixture remaining in skillet. Bring to a boil and stir until smooth. Return chops to skillet and top each with an orange slice. Baste with sauce and simmer uncovered 5 minutes. Baste several times. Serves 6.

128

Amy Nakashima
Auxiliary

PORK CHOP 'n STUFFING

- 10 to 12 pork chops, fairly thin**
- 1 pkg. seasoned stuffing (8 oz.)**
- 2 cans cream of mushroom soup**
- 2 eggs**
- 1 onion, chopped fine**
- 2 celery stalks, sliced**
- 1 cup dry red wine**

Mix stuffing with onion and celery and add wine, eggs and 1/2 can soup. Place chops in large baking pan and spoon stuffing generously on each chop and top with enough soup to cover stuffing. Bake at 425° oven for 45 minutes. Serves 6.

Edythe Hankawa
Culver City, Calif.

PORKERS SWEET AND SOUR

- 6 loin pork chops**
- 1 medium onion, chopped**
- 1 medium green pepper, chopped**
- 1 medium carrot, sliced**
- 1 tsp. salt**
- 1/2 cup water**
- 1/3 cup cider vinegar**
- 1/4 cup brown sugar, firmly packed**
- 1/2 tsp. Tabasco sauce**
- 1/4 cup apple, chopped**
- 1 tbsp. soy sauce**
- 1 tbsp. cornstarch**

Brown chops on both sides in large skillet. Push chops to one side of pan or remove. Add onion, pepper, carrot and salt. Saute about 5 minutes. Re-arrange chops in pan with vegetables and add water, vinegar, sugar, apple, soy sauce and Tabasco sauce. Cover and simmer 1 hour or until chops are tender. Remove chops from pan and combine cornstarch with a little water. Stir slowly into gravy in pan and boil, stirring constantly. Serve gravy over chops. Serves 4 to 6. **129**

Jeanne Dunn
Los Angeles, Calif.

GESCHNETZELTES NACH ZUERCHER ART **(Meat dish a la Zuerich)**

- 1 1/2 lbs. veal or pork, sliced fine**
- 1/2 lb. mushroom, fresh, sliced thin**
- 1 large onion, chopped fine**
- 2 tbsps. oil or bacon dripping**
- 1 1/2 cups white wine (Chablis)**
- 1/2 pt. whipping cream**
- 3 tbsps. butter**
- 3/4 cup flour**

- 1 tsp. salt**
- 1/4 tsp. pepper**
- 1 tsp. Worcestershire sauce, or to taste**
- 1/4 cup parsley, chopped fine**

Heat oil in skillet, brown meat for 5 minutes. Saute onion and mushroom in a separate pan. Combine with meat, add wine. Melt butter, take from heat and add flour, mix well, add slowly whipping cream, when white sauce is thickened add spices and combine with meat. Let it simmer for about 8 minutes. Garnish with parsley. Serve with rice, noodles or hashbrown. Serves 6.

Ursula Engel
West Los Angeles, Calif.

URNER RISPOR (Rice and Leeks) Swiss

130

- 3 leeks**
- 2 tbsps. oil or bacon drippings**
- 1 cup rice (Uncle Ben's converted)**
- 3 cups beef broth**
- pepper to taste**
- 1/4 tsp. nutmeg or to taste**
- 2 cups grated Swiss cheese**
- 3 tbsps. butter**

Peel first layer of tough leek leaves, cut lengthwise and wash well. Then cut in 1 inch strips, saute in oil for about 5 minutes. Add 1 cup beef broth, simmer another 5 minutes. Add rice and remaining 2 cups broth, bring to a boil on medium heat, simmer uncovered for 18 to 20 minutes. Fold in grated cheese while rice is hot. Serve immediately.

Serve with Meat dish a la Zuerich.

Ursula Engel
West Los Angeles, Calif.

BAR-B-Q SPARERIBS

3 to 4 lbs. spareribs, cut in pieces

1 lemon

1 large onion, thinly sliced

1 cup catsup

1/3 cup Worcestershire sauce

1 tsp. chili powder

1 tsp. salt

2 dashes Tabasco sauce

1/2 tsp. garlic salt

2 cups water

Place ribs in shallow roasting pan, meaty side up. On each piece, place a thin slice of unpeeled lemon and a thin slice of onion. Roast in hot oven (450°) for 30 minutes. Drain ribs. Combine remaining ingredients and bring to a boil. Pour over ribs and continue baking in 350° oven, until tender, about 45 to 60 minutes. Baste ribs with sauce every 15 to 20 minutes. If sauce gets too thick, add more water. Serves 4.

131

*Martha Morooka
Long Beach, Calif.*

BARBECUED SPARERIBS

4 lbs. spare ribs, cut up

1 cup soy sauce

1 cup orange marmalade

3 cloves garlic, minced

1 tsp. fresh ginger, grated

salt and pepper

MSG (optional)

Marinate ribs 2 to 3 hours or overnight. Arrange on rack in roasting pan and roast 350° for 1 1/2 hours, basting frequently. Serves 6.

*Jenny Nakamura Ford
Long Beach, Calif.*

BUTTERFLIED LEG OF LAMB

6 to 7 lbs. leg of lamb

1 pkg. Italian salad dressing mix

1/2 cup oil

1/2 cup vinegar

1/2 cup dry wine

1 clove garlic, minced

1/2 tsp. sage

1 tsp. poultry seasoning

1 tsp. salt

1 tsp. onion salt

1/4 tsp. pepper

MSG (optional)

132

Have butcher butterfly lamb leg; place lamb in shallow dish. Combine all ingredients and pour over lamb and cover with foil or plastic and refrigerate 24 hours, turning 3 or 4 times. Place meat on grill 8 to 10 inches from glowing coals. Grill slowly, turning and basting with remaining marinade every 15 minutes. Allow 50 minutes or until lamb is done as desired. Carve across the grain into thick slices. Serves 8 to 10.

Kiyoshi Sonoda
West Los Angeles, Calif.

BRAISED LAMB CHOPS

4 round bone or sirloin lamb chops

salt and pepper to taste

flour

4 to 6 whole carrots, peeled

3 or 4 whole potatoes, peeled

2 stalks celery, sliced

parsley, chopped

Salt and pepper lamb chops and dredge in flour. Brown the lamb chops in the skillet with small amount of cooking oil. After browning, add approximately $\frac{1}{2}$ to $\frac{3}{4}$ cup of water or bouillon. Add whole peeled carrots, potatoes, celery, cover and braise for about 45 minutes to 1 hour over medium-low heat. Check occasionally that there is enough liquid in pan. Add water if needed. Season to taste, sprinkle with chopped parsley. Serve with green peas.

Chieko Inouye
Auxiliary

BAKED LAMB IN PACKETS

- 6 rectangles (about 8"x12") heavy-duty aluminum foil**
- 2 lbs. lean lamb stew meat**
- 1 or 2 cloves garlic, minced**
- 2 green peppers, each cut in 6 strips**
- 2 tomatoes, cut in 6 wedges each**
- 2 onions, each cut in 6 wedges**
- 4 medium zucchini, each cut in thirds**

133

Divide lamb into six portions, and place each portion in center of a foil rectangle. Sprinkle meat with salt and pepper and distribute minced garlic over lamb. Arrange vegetables in a pattern over meat and season lightly with salt and pepper. Fold foil carefully over meat and vegetables to form neat, compact, airtight packages. Arrange packets side by side in roasting pan. Bake undisturbed in 350° oven for 2½ to 3 hours. Serve in packets opened at top. Serves 6. (3 lbs. lamb shoulder, cut by butcher into 6 pieces may be used.)

Katharine Hinds
Los Angeles, Calif.

LAMB RIBLETS WITH BARBECUE SAUCE

- 6 lbs. lamb riblets
- 2 qts. water
- 1/2 cup cider vinegar
- 2 bay leaves
- 1 tsp. salt
- 1/4 tsp. pepper

SAUCE:

- 1/2 cup white corn syrup
- 1/2 cup catsup
- 1/4 cup prepared mustard
- 1/4 cup horseradish
- 1 or 2 cloves garlic, crushed
- 2 tsps. Worcestershire sauce
- 1/2 to 1 tsp. hot pepper sauce (optional)

134

Trim fat from ribs. In a large saucepan, bring water, vinegar, bay leaves, salt and pepper to a boil. Add ribs and simmer 25 minutes. Drain and pat dry. Place ribs in a shallow baking pan lined with foil. Combine all ingredients for sauce and mix well. Brush over riblets and bake 15 minutes in 425° oven. Turn ribs over and brush on more sauce and bake 5 more minutes. To barbecue outdoors, brush with sauce frequently, cooking them 4 inches from the coals for 10 to 15 minutes on each side. Serves 6 to 8.

Margaret Kurashita Halm
Los Angeles, Calif.

LAMB RIBLET-EGGPLANT CASSEROLE

- 1 tbsp. salad oil
- 1 or 2 cloves garlic, minced
- 1 lb. lean lamb riblets
- *1 1-lb. can tomatoes
- 1 8-oz. can tomato sauce
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. salt
- 1/4 tsp. pepper
- MSG (optional)
- 1 small eggplant

*May substitute 1 1-lb. can stewed tomatoes

Broil riblets until brown on both sides. Pour off fat. Transfer to pan. Add tomatoes, tomato sauce, Worcestershire sauce, salt, pepper and MSG. Cover and cook over low heat 30 minutes. Cut unpeeled eggplant into 1 inch cubes and add to meat. Cover and cook over very low heat 20 to 30 minutes until lamb and eggplant are tender. Stir once or twice during cooking and add a little water, if necessary. Serves 4.

135

Mitsu Sonoda
Auxiliary

LAMB CURRY SPECIAL

- 1 1/2 lbs. boned lamb, cubed
(from leg or shoulder)
- 3 tbsps. oil
- 1 cup onion, chopped
- 1 cup apple, chopped
- 2 tbsps. flour
- 1 tbsp. curry powder or more to taste
- 2 tsps. salt
- 2 cups bouillon or stock
- 2 tbsps. lemon juice

- 1 clove garlic, crushed**
- 1/3 cup raisins**
- 1/4 cup chutney, chopped**
- 1/4 cup almonds, chopped**
- hot cooked rice**

Condiments (such as: coconuts, raisins, almonds, cashews, green onion, diced hard-cooked eggs, watermelon pickles or chutney)

Brown lamb cubes on all sides in oil in a deep kettle. Add onion and apple and cook for 5 minutes. Stir in flour, curry powder and salt. Add stock gradually and cook, stirring until mixture is thickened. Add lemon juice, garlic, raisins, chutney and almonds and cook covered over low heat for 1½ hours, stirring occasionally. Serve over hot rice. Serves 4.

Jeanne Dunn
Los Angeles, Calif.

136

SPICED LAMB STEW (HERICOZ DE MOUTON)

- 3 lbs. lamb, cut into 1 inch cubes**
- 1/4 cup lard or oil**
- 6 to 9 onions, sliced**
- 1/4 tsp. pepper**
- 1/8 tsp. each ground cloves, cinnamon, nutmeg, mace and ginger**
- beef or chicken stock**
- 1 lemon**
- 1 tsp. parsley**
- 1/4 tsp. sage**
- 1/4 tsp. hyssop (if available)**
- 12 slices toast**
- 5 tbsps. wine vinegar**

Saute lamb in 1/4 cup of oil in heavy skillet. Add sliced onions and saute till lightly golden, then remove onions. Add the next 6 seasonings, then slowly stir in a little of the stock to cover the meat.

Partly cover the skillet and let the mixture simmer slowly for 1 hour, adding stock when necessary (to cover meat). Add reserved onions, parsley, sage and hyssop and continue simmering and adding stock, for 40 minutes, or until the meat is almost tender. Then cover skillet completely and cook for 20 minutes, or until broth is the consistency of a fine brown sauce. Add salt, if necessary. Stir meat, bringing the sauce to a boil for 1 to 2 minutes, making sure it doesn't stick or burn.

Sprinkle 12 slices of toast with the wine vinegar, and spoon meat mixture over it, in a serving platter. Condiments such as raisins, toasted almonds, or currants, can be served with this stew.

Serves 10 to 12.

Judy Lamm
Los Angeles, Calif.

VEAL PICCATA

- 1 lb. veal scallops**
- 1/4 cup flour**
- 1 1/2 tsp. salt**
- 1/4 tsp. fresh ground black pepper**
- 2 tbsps. olive oil**
- 2 tbsps. butter**
- 2 tbsps. lemon juice**
- 2 tbsps. minced parsley**

137

Pound veal very thin and dip slices in a mixture of flour, salt and pepper. (May omit flour mixture, if desired). Heat oil and butter in a large skillet until it sizzles. Brown veal on both sides, until tender, and remove. Pour off fat, and add lemon juice and parsley. Return veal to pan and heat, stirring well to coat veal with the lemon juice and parsley. Serves 4.

Judy Lamm
Los Angeles, Calif.

VEAL MARENGO

- 3 lbs. lean shoulder veal, cubed
- 3 tbsps. oil
- 1 onion, finely chopped
- ½ cup tomato puree
- 1 tbsp. potato flour
- 2 cups veal or chicken stock
- 1 cup white wine (dry)
- 1 clove garlic, minced
- 2 bay leaves
- ¼ tsp. thyme
- salt, pepper
- 12 small white onions
- 4 tbsps. butter
- 1 tbsp. sugar
- 12 fresh mushrooms
- 3 tomatoes

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In a heavy kettle brown veal in oil. Add onion and tomato puree, and cook mixture for 2 minutes. Stir in potato flour and gradually add veal or chicken stock and white wine. Add garlic, bay leaves, thyme and salt and pepper to taste. Cover the kettle and simmer meat slowly for 1 hour. Saute 12 small white onions in butter, sprinkle with sugar, and cook them until they are browned and glazed. Saute mushrooms in 2 tbsps. butter for 3 to 4 minutes. Peel and seed tomatoes and cut them into sections. Add the onions, mushrooms, and tomatoes to the kettle and cook the stew for about 30 minutes or until meat is tender. Serve sprinkled with parsley, if desired. Serves 6 to 8.

Judy Lamm
Los Angeles, Calif.

BRAISED VEAL WITH HERBS

- 2 tbsps. vegetable oil
- 2 lbs. veal cutlets
- 2 medium onion, sliced into rings
- 1 clove garlic, crushed
- 1/4 cup water
- 2 tbsps. lemon juice
- 1 tsp. salt
- 1/2 tsp. crushed oregano
- 2 tbsps. chopped parsley

Heat oil in a large skillet. Cut veal into serving pieces and place in hot oil. Cook until brown on both sides and remove from pan. Add onions and garlic and cook until tender. Add water, lemon juice, veal, salt and oregano; cover and simmer over low heat, turning meat occasionally, until meat is tender, about 30 minutes. Add additional water if needed. Top with chopped parsley. Serves 4 to 6.

Aiko Takeshita
Auxiliary

139

HUNGARIAN GOULASH SZEKELY

- 6 slices bacon
- 3 large onions
- 2 1/2 lbs. pork tenderloin
- 1 clove garlic, mashed
- 1 tsp. dill seed
- 1 tsp. paprika
- 1 tsp. salt
- 1 tsp. pepper
- 1 #2 1/2 can sauerkraut
- 2 tbsps. brown sugar
- 1 lb. veal steak, cubed (optional)
- 2 cups sour cream

Fry chopped bacon, saute onions until tender (golden) and add cubed pork, garlic and seasonings. Place in casserole; cover with sauerkraut which has been rinsed and drained. Sprinkle with brown sugar. Cover tightly and bake one hour at 350°. Add veal and mix. Bake 45 minutes longer. Top with sour cream last 15 minutes. This can be prepared in advance. Flavor improves as it sets. Serves 6.

Yuki Sato
Auxiliary

HONEY CHICKEN

3 to 4 lbs. chicken wings

1/2 cup butter, melted

1/2 cup honey

1/4 cup prepared mustard

1 tsp. salt

1/4 tsp. pepper

MSG (optional)

1 tsp. curry powder

140

Split chicken wings in half and place in shallow baking pan. Combine butter, honey, mustard, salt, MSG, curry powder and mix. Pour over chicken and bake at 350° for 45 minutes, basting every 15 minutes. Serves 4 to 6.

Cathy Sonoda
West Los Angeles, Calif.

PINEAPPLE CHICKEN

- 2 fryers, cut up or 24 chicken wings
(cut off tips)
- 1/3 cup flour
- 1 tsp. salt
- 1/2 tsp. celery salt
- 1/4 tsp. garlic salt
- MSG (optional)
- 4 tbsps. butter
- 1 cup pineapple juice
- 1/2 cup soy sauce
- 2 tbsps. sugar

Coat chicken with flour and seasoning mixture. Dip chicken (sparingly) in melted butter or margarine and place under broiler, browning both sides. Combine pineapple juice, soy sauce and sugar. Place chicken in casserole and pour pineapple sauce over them. Cover and bake in 350° oven for about an hour, or until chicken is tender. Baste several times while cooking. Serves 8.

141

*Kazu Nakamura
Cypress, Calif.*

CHICKEN MARENGO

- 6 slices bacon, cut in 1 inch pieces
- 2 2-lb. fryers or broilers, cut up
- ½ cup flour
- 2 tsps. salt
- ¼ tsp. pepper
- 1 large onion, chopped
- 1 clove garlic, minced
- 1 4-oz. can whole mushrooms
- 2 1-lb. cans tomatoes
- ¼ cup parsley, chopped
- few dashes bottled red pepper seasoning

Fry bacon until almost crisp, in large frying pan. Drain on paper towel. Leave drippings in pan.

142

Wash and dry chicken pieces well and shake in flour, salt and pepper mixture in paper bag, to coat well. (Save flour mixture). Brown chicken in bacon drippings, a few at a time and place in shallow baking dish.

In same pan, saute onion and garlic until soft; stir in saved flour mixture. Drain liquid from mushrooms and add to frying pan, together with tomatoes, parsley and red pepper seasoning. Heat to boiling, stirring constantly. Spoon over chicken and bake covered in 350° oven for 1 hour 20 minutes, or until chicken is tender. Uncover and sprinkle with bacon pieces and mushrooms and bake 10 minutes longer, or until bacon is crisp.

This dish can be prepared in advance, except for the bacon and mushrooms and refrigerated; let stand at room temperature 30 minutes before baking. Serves 8.

Sue Kato
Long Beach, Calif.

CHICKEN BREASTS SUPREME I

- 6 chicken breasts
- 1/4 cup margarine
- 1/4 cup dry white wine
- 1/4 cup chicken stock
- 1/4 cup fresh mushrooms
- 3 to 4 stalks green onions, sliced
- 1 cup whipping cream
- 1 to 2 tbsps. cornstarch or flour
- salt and pepper
- MSG (optional)

Bone breasts, season with salt, pepper and MSG. Melt the margarine in pan and lay breasts bone side down in pan, cover and cook for 6 to 10 minutes on low flames, or until chicken is cooked. Remove breasts and place in serving dish.

SAUCE:

143

Using same pan, add wine and chicken stock. Saute mushrooms and green onion in margarine and add to wine and chicken stock. Mix cornstarch and cook until thickened. Pour over chicken and serve with rice.

Christine Kitashima
Los Angeles, Calif.

CHICKEN SUPREME II

- 6 whole chicken breasts, boned and split
- oil
- seasoned flour
- 1 can water chestnuts, drained and sliced
- 2 cans cream of chicken soup
- $\frac{2}{3}$ cup white wine (Chablis)
- $\frac{1}{2}$ cup water
- dried parsley flakes

Coat chicken in seasoned flour, and brown in oil in skillet, on both sides. Transfer chicken to a shallow baking pan. Top browned chicken with water chestnuts. Mix wine, water and canned soup and pour over chicken. Sprinkle with parsley flakes. Bake uncovered 1 hour at 350°.

Eleanor Nakano
West Los Angeles, Calif.

144

VIVA LA CHICKEN

- 1 whole chicken
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can green salsa (7-oz. can)
- 1 cup milk
- 1 onion, chopped
- 1 doz. corn tortillas
- 1 cup Cheddar cheese, grated

Steam chicken; take meat off the bone and cut into bite-size pieces. Cut tortillas into $\frac{1}{2}$ inch pieces and mix all the ingredients together, and refrigerate for 24 hours. Bake in 350° oven, for 45 minutes, covered. Then add grated cheese and return to the oven for an additional 20 to 30 minutes. Serves 6 to 8.

Mitsi Hashi
West Los Angeles, Calif.

CHICKEN TETRAZZINI

- 2 2-lb. chickens, quartered
- 1 small carrot
- 1 medium onion
- 2 to 3 celery stalks
- 3 to 4 peppercorns
- salt to taste
- 1/2 lb. noodles (or spaghetti)
- 1/2 lb. fresh mushrooms
- 7 tbsps. butter
- 1/4 cup flour
- 1 cup heavy cream
- 1/4 cup sherry
- 1/2 cup Parmesan cheese
- 1 pkg. almonds, blanched (optional)
- paprika
- MSG (optional)

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Add water to cover chicken and simmer together with carrot, onion, celery, peppercorn and salt to taste, covered, until fork-tender. Remove chicken from broth, debone, and cut meat into strips. Bring broth to boil and add noodles and cook 8 minutes. Drain; reserve broth. Return skin and bones to broth and simmer until it is reduced to 2 cups. Strain and reserve. In 3 tbsps. butter, saute mushrooms, until golden; set aside. Into 1/4 cup melted butter, stir in flour and gradually add broth and cream. Cook until thickened. Add salt to taste. Add chicken, mushrooms, sherry and heat. Place noodles in shallow baking dish and pour sauce over noodles. Top with cheese, almonds, MSG and paprika, and bake 1/2 hour at 350°. Serves 8.

Mary Yanokawa
Auxiliary

COLONIAL CHICKEN

- 1 frying chicken, cut up
- 1½ cups flour
- 1½ tsps. baking powder
- 1 tsp. salt
- 4 eggs
- 1½ cups milk
- 3 tbsps. butter, melted

Brown chicken in small amount of fat. (Do not wash out frying pan yet). Combine flour, baking powder and salt in a bowl. In another bowl, combine eggs, milk and butter, and beat well. Slowly stir into flour mixture and beat until very smooth. Pour into 9x12 inch greased baking dish.

Arrange chicken on top of batter and bake in 350° oven for 1 hour. (Dough is like a souffle and can take the place of bread or potato). Make gravy in the frying pan which was used to fry the chicken. Serves 4.

146

Forest A. Willis
West Los Angeles, Calif.

PARTY CHICKEN BAKE

- 1 envelope dry Italian salad dressing mix
- ¾ tbsp. melted butter or margarine
- 4 to 6 pieces chicken
- 1 4-oz. pkg. whipped cream cheese
- 1 can cream of mushroom soup
- ⅓ cup sauterne wine

Remove 1½ tsp. salad mix and set it aside. Combine remaining mix and butter in large skillet. Add chicken and brown slowly on both sides, until golden. Place chicken in a baking dish. Combine undiluted soup, the reserved 1½ tsps. salad mix and whipped cream cheese in a small bowl and blend well. Stir in sauterne and

spoon sauce over chicken. (Refrigerate at this point, if desired.
Add 20 to 30 minutes to baking time when taken from refrigerator).
Bake at 325° for 50 to 60 minutes, and serve over rice. Serves 4.

Margaret Kurashita Halm
Los Angeles, Calif.

CHICKEN SCALLOPINI

- 2 chicken breasts**
- 1/2 cup flour**
- 1 egg, slightly beaten**
- 1 tbsp. milk**
- salt and pepper**
- MSG (optional)**
- butter**
- bread crumbs, fine**
- lemon wedges or lemon juice**

147

Split chicken breasts in two. Remove bones. Place chicken between two pieces of waxed paper and pound thin with mallet or rolling pin until twice the original size, taking care not to tear meat. Season lightly with salt and pepper. Mix egg and milk. Combine flour with salt, pepper and MSG. Dip chicken in seasoned flour, shake off surplus, dip into egg mixture and roll in bread crumbs. Just before serving, saute chicken in butter, cooking quickly until brown on one side, then turning and browning on the other. Serve with wedge of lemon.

Chicken may be cooked ahead and served cold. After sauteing chicken, sprinkle generously with lemon juice, cool and refrigerate. Serves 4.

Ryo Suzuki
Los Angeles, Calif.

INDIAN CURRIED CHICKEN

- 3 lbs. chicken, cut up and skinned
- 6 tbsps. vegetable oil
- 2 small onions, chopped
- 1 clove garlic, minced
- 2 tbsps. flour
- 2 tbsps. curry powder
- 2 tsps. ground ginger
- 2 tsps. ground cardamon seed
- 1 tsp. salt
- 2 medium tomatoes, chopped
- 1 cup apple, peeled and chopped
- 2 cups chicken broth

148

Heat 4 tbsps. of oil in skillet and add chicken; brown and then remove. Add the remaining oil, onion and garlic and saute until tender. Combine flour, curry powder, ginger, cardamon seed and salt. Add to the onion mixture and stir. Add the tomatoes, apple and broth and simmer 5 minutes, stirring occasionally. Return chicken to skillet, cover and simmer for 40 minutes or until chicken is tender. Serve over rice, with chutney and other condiments. Serves 6.

Trudi Clement
Beverly Hills, Calif.

CHICKEN AND CHEESE ENCHILADAS

- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 cup mushrooms, sliced
- 1/2 cup butter or margarine
- 4 cups chicken or turkey, cooked and cubed
- 6 tbsps. flour
- 2 tsps. salt
- 2 tsps. coriander
- 1/4 tsp. pepper

- 2 cans (14-oz. each) chicken broth**
- 1 pkg. (12) corn tortilla**
- 2 cups (1/2-lb.) shredded Jack cheese**

Put 2 tbsps. butter in skillet and saute onion and green pepper. Add mushrooms. Turn into a bowl and add chicken. Melt remaining 6 tbsps. butter in pan. Add flour, salt, coriander and pepper. Cook, stirring until bubbly. Gradually add broth; cook stirring, until thickened. Mix 1/2 cup of the sauce with the chicken mixture. Pour another 1/2 cup sauce in the bottom of a 9x13 inch baking pan. Dip each tortilla briefly in remaining sauce to soften; then fill with about 1/3 cup of the chicken mixture. Roll up and arrange in baking pan. Pour over remaining sauce. Sprinkle with cheese and bake, uncovered, in 350° oven for 30 minutes or until bubbly. Serve with sliced tomatoes, chopped green onion and sour cream. Serves 6.

Yuki Sato
Auxiliary

CHICKEN-ARTICHOKE CASSEROLE

149

- 1 3-lb. fryer, cut-up**
- 1 1/2 tsps. salt**
- 1/2 tsp. paprika**
- 1/4 tsp. pepper**
- 4 tbsps. butter**
- 2 tbsps. oil**
- 1/2 lb. mushrooms, cut in large pieces**
- 1/2 lemon, juiced**
- 4 tbsps. flour**
- 4 tbsps. sherry**
- 1 cup consomme**
- 1 12-oz. (or 15-oz.) can artichoke hearts, halved, if quite large**
- 1/2 tsp. dried rosemary, crumbled**
- 1/2 tsp. MSG (optional)**

Salt, pepper and paprika the chicken pieces. Brown in large frying pan in 2 tbsps. butter and oil, turning to brown on all sides. Put

into a large casserole. Add 2 tbsps. butter in the same frying pan and saute the mushrooms, for 5 minutes. Add lemon juice. Sprinkle flour over them. Add consomme and sherry, and arrange artichoke hearts between chicken pieces. Pour mushroom-sherry sauce over it and add rosemary and MSG. Bake, covered at 350° for 45 minutes. May be fixed day before. Serves 8.

Mary Yanokawa
Auxiliary

CHICKEN OR TURKEY CASSEROLE

150

- 2½ cups chicken or turkey (left-over) sliced
- 1 cup cooked rice
- ¼ cup almonds, slivered
- 1 can cream of mushroom soup
- 1 small onion, chopped
- ½ tsp. salt
- ½ cup mayonnaise
- ¾ cup celery, diced
- 1 tsp. lemon juice
- 1 can water chestnuts, sliced
- 2 jars mushrooms, sliced
- 2 eggs, hard-cooked, diced
- potato chips, crushed

Combine all ingredients and cover with crushed potato chips. Bake for 40 minutes in 350° oven.

Amy Nakashima
Auxiliary

CHICKEN ALMOND CASSEROLE

- 8 ozs. egg noodles
- 2 tbsps. butter or margarine
- 2 tbsps. onion, minced
- 1 cup celery, thinly sliced
- 2 tbsps. flour
- ¼ tsp. dry mustard
- 2½ tsps. salt
- ⅛ tsp. pepper
- 2½ cups milk
- 2 tsps. Worcestershire sauce
- 1 cup American cheese, grated
- 2 cups cooked chicken, diced
- ¼ cup pimiento, chopped
- ¼ cup green pepper, chopped
- 1 cup toasted almonds, chopped
- ½ cup buttered bread crumbs

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Cook noodles until almost tender; drain and rinse with cold water. Melt butter in a saucepan and add onion and celery. Cook and stir, until transparent, about 5 minutes. Blend in the flour, mustard, salt and pepper. Add milk and Worcestershire sauce, stirring constantly. Cook until sauce is smooth and thickened. Stir in cheese, chicken, pimiento, green pepper, noodles, and half of the almonds. Turn into a shallow baking dish. Sprinkle with crumbs and remaining almonds. (If you prefer, add only ½ cup toasted almonds instead of 1 cup.) Bake at 400°, 20 minutes until thoroughly heated, and lightly browned. Serves 8 to 10.

Haru Nakata
Auxiliary

BARBECUED CORNISH GAME HENS

- 3 Cornish Game hens
- 1/2 cup salad oil
- 3 to 4 tbsps. lemon juice according to taste
- 1 tbsp. soy sauce
- 1 tbsp. Worcestershire sauce
- 1 small clove garlic, minced
- 1/2 tsp. dried oregano, crushed
- 1/2 tsp. MSG (optional)
- 1/4 tsp. salt
- 1/8 tsp. pepper

Thaw Cornish Game hens. Split game hens in half lengthwise. Make sauce by combining rest of ingredients. Marinate game hens in sauce in a plastic bag. Refrigerate 4 to 5 hours turning several times. Broil 7 inches from heat skin side down for 15 to 20 minutes. Brush occasionally with sauce, turn, broil 15 to 20 minutes or until done. Serves 4 to 6.

152

Chieko Inouye
Auxiliary

ROAST TURKEY

Remove giblets and neck to make gravy. Wash turkey carefully on inside and outside. Salt cavity lightly and stuff with favorite dressing. Truss and tie turkey so that the wings are close to the body. Place turkey breast side up on a rack in a large roasting pan.

VARIATION #1:

salt
margarine
flour
foil

Follow directions above. Then salt lightly on outside. Rub softened margarine generously over turkey. Sprinkle flour on turkey and rub

into margarine. This makes a coating to prevent turkey from becoming too dry. Cover with foil, tucking loosely down around turkey. Roast at 300°. When halfway through roasting time, begin basting every 20 to 30 minutes replacing foil each time. During last hour or so, turn heat up to 325°, remove foil and baste oftener until golden brown. Allow 20 minutes per pound. To test for doneness, prick turkey on inner thigh. The juices should run clear and not pink. The turkey leg should also move freely in the joint. Allow turkey to stand for at least ½ hour before carving.

Marian Susuki
Auxiliary

VARIATION #2:

paprika
salt
bacon fat
cheese cloth (enough to cover the turkey)
foil

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Follow directions above. Then rub salt lightly first on the outside and then sprinkle paprika over it and rub all over. Dip the cheese cloth in the bacon fat and cover the turkey. Place foil loosely over top of turkey. Roast at 325° for 2 hours. Then lift foil and start basting over cheese cloth every 15 minutes. Replace foil. Remove the foil and cheese cloth the last half hour to brown.

Toy Kanegai
Auxiliary

Ready to Cook Weight

6 to 8 pounds
8 to 12 pounds
12 to 16 pounds
16 to 20 pounds
20 to 24 pounds

Approximate Roasting Time

3 to 3½ hours
3½ to 4½ hours
4½ to 5½ hours
5½ to 6½ hours
6½ to 7 hours

Add about 5 minutes per lb. for a stuffed turkey.

FISH WITH SOUR CREAM

- 4 slices fish steaks, or filets**
salt, pepper
- 1 cup sour cream**
- 2 tbsps. dry onion soup mix (more if desired)**
- 1 tbsp. fresh parsley (or dry), chopped**
- 1/4 tsp. dry mustard**
- 1/4 cup sherry or white dry wine**
paprika

Arrange fish in well-buttered baking dish. Sprinkle with salt and pepper to taste. Combine remaining ingredients and spread on fish. Sprinkle with paprika and bake in 375° oven for 25 minutes or until fish flakes when tested with a fork. Serves 4.

Aiko Takeshita
Auxiliary

154

ZIPPY BAKED FISH

- 1 1/2 to 2 lbs. fish, Petrale (fillet of sole)**
or Red Snapper excellent
- 1 medium onion cut in half crosswise**
then sliced thin
- 1 lb. can whole tomatoes, drained and cut up**
- 1 lg. can diced Ortega green chili**
- 1/2 lb. fresh mushrooms, clean and cut in half**
- 1/2 cup white wine**
salt to taste

Layer the above ingredients in order in a large baking dish, cover and bake at 350° for 45 minutes. Remove cover and brown 15 minutes longer. Pour off liquid before serving. Serves 6 to 8.

Edythe Hankawa
Los Angeles, Calif.

BRAZILIAN BAKED TROUT

- 4 to 6 medium-sized trout
(about 1/2 lb. each)
- 1 lemon, juiced
- 1 tsp. salt
- 1 clove garlic, minced or mashed
- 1 cup white wine
- 2 tbsps. parsley, chopped
- 2 tbsps. green onions, chopped
- 2 tbsps. dried bread crumbs
- 4 tbsps. butter, melted

Prepare for baking ahead, but cook just before serving. Wash and dry trout with paper towels; rub outside with lemon juice and sprinkle with salt. Arrange the minced garlic in the bottom of a buttered, shallow baking dish, large enough to hold trout in a single layer. Place trout in dish; pour wine over top. Sprinkle with parsley, green onion and bread crumbs. Spoon on butter and bake in 400° oven for 20 minutes. Serves 4.

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Ruth Watanabe
Auxiliary

SEA BASS EN PAPILLOTE

- 1 large sea bass filet (1 1/2 to 2 lbs.)
- 1 can Newburg sauce
- 1 pkg. frozen green peas
- 3 or 4 green onions, chopped
- 1 each red and green peppers, chopped
- 1 can pimientos, drained and chopped
- little of each to taste:
 - pepper and salt or Mai-yen
 - pinch of thyme
 - parsley and paprika

MSG

**Worcestershire and Tabasco sauce
honey and sherry or white wine**

En Papillote (New Orleans-French)

In this case means the fish is cooked in the largest and strongest shopping bag from your grocery store. Completely cover the inside with a thin coating of Crisco and have thick (large) string handy, which also has a quick coating of Crisco applied.

Take a large fileted piece of sea bass and place it on wax paper in an oven proof, low sided platter. Heat 1 can or more Newburg sauce in a double boiler.

Add the following to the sauce:

The chopped green and red peppers and green onions and pimientos then all the rest of the ingredients, leaving frozen green peas until last. Simmer 15 minutes.

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Now add: Shrimp, shelled and deveined (small ones leave whole, large ones cut-up into pieces.) Lobster or crab meat can be used also.

Simmer several minutes longer then pour the sauce and ingredients on top of the sea bass filet. Place platter inside bag and tie-up the open end with the string, leaving the bag as round and full as possible.

Place bag on tin cookie sheet then into a hot oven (400°) for 30 to 40 minutes.

Remove the "Big Brown Bag" from the oven and the whole thing placed on a heat board (pad) in the center of table. Take scissors and cut off the top $\frac{2}{3}$ rds portion of the bag, including the tied end. Serve immediately.

*Ray Pourchot
Pacific Palisades, Calif.*

SALMON SOUFFLE

- 3/4 cup salmon, canned or fresh cooked**
- 4 egg yolks**
- 5 egg whites**
- 1/2 cup plus 1 tbsp. Swiss cheese, grated**
- 2 tbsps. shallots or green onion, minced**
- 3 tbsps. butter**
- 3 tbsps. flour**
- 1 cup milk, boiling**
- 1/2 tsp. salt**
- 1/8 tsp. pepper**
- 1/8 tsp. seasoned salt**
- 1 tbsp. tomato paste or catsup**
- 1/2 tsp. oregano or marjoram**
- pinch of cream of tartar**
- pinch of salt**

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Butter a 6 cup souffle mold and sprinkle with 1 tbsp. grated Parmesan or Swiss cheese. Heat oven to 400°. Saute shallots or green onion lightly in butter and add flour; cook 2 minutes. Turn off heat and beat in boiling milk, (or juice from canned salmon, if any, plus milk to make 1 cup) salt, pepper, seasoned salt, tomato paste or catsup, oregano or marjoram. Remove from stove, and beat in 4 egg yolks, one at a time; beat in salmon and 1/2 cup grated Swiss cheese.

Beat 5 egg whites with pinch of salt and cream of tartar, until stiff. Stir 1/4 of egg whites into souffle mixture, enough to soften, and fold in the rest. Turn into prepared mold and sprinkle with remaining cheese. Turn heat down to 375° and bake for about 30 minutes. Cooked, flaked fish, canned tuna, cooked, diced or ground lobster, shrimp, crab, ground chicken or turkey, or pureed cooked vegetables can be substituted. For raw fish or chicken, grind it and add it to sauce base with boiling milk and boil for 2 minutes; then beat in yolks and proceed with recipe above. Serves 4.

Judy Lamm
Los Angeles, Calif.

SHRIMP ITALIANO

- 1 8-oz. can stewed tomatoes
- 1 8-oz. can tomato sauce
- 3 medium zucchini, sliced $\frac{1}{8}$ inch crosswise
- $\frac{1}{2}$ lb. fresh mushrooms, sliced
- 1 medium green pepper, cut into thin strips
- $\frac{1}{2}$ cup onion, chopped
- 2 medium bay leaves
- $1\frac{1}{2}$ tsps. salt
- dash of pepper
- 1 tsp. oregano, crushed
- 1 clove garlic
- $1\frac{1}{2}$ lb. raw shrimp, shelled and deveined
- 1 tsp. MSG (optional)
- $\frac{1}{3}$ cup dry white wine
- 2 tbsps. cornstarch
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup grated Parmesan cheese

158

In a large sauce pan combine tomatoes, zucchini, mushrooms, green pepper, onions, bay leaves, salt, pepper, oregano and garlic. Bring to a boil over medium heat then lower heat and cook, covered, for 15 minutes, or until squash is fork-tender, stirring occasionally. Remove bay leaves, and add wine and MSG. Add shrimps. Mix cornstarch and water until smooth and add to shrimp and zucchini combination immediately.

Cook over medium heat 2 to 3 minutes, stirring constantly, until the sauce becomes thick and clear and the shrimp turns pink. Be careful not to overcook shrimp. Serve over hot rice and garnish with remaining grated Parmesan cheese. Serves 4.

Aiko Takeshita
Auxiliary

SHRIMP SUISA

- 2 tbsps. butter
- 1/2 cup celery, chopped
- 1 small onion, chopped fine
- 1 7-oz. can green chili salsa
- 1 tbsp. steak sauce
- 1 cup sour cream
- 1/2 tsp. salt
- 1 lb. shrimp, cleaned and cooked
- hot cooked rice

Melt butter and add celery and onion. Cook until tender. Stir in green chili salsa, steak sauce, sour cream and salt. Cook, stirring frequently, until mixture just reaches the boiling point. Stir in the shrimp. Heat to serving temperature, stirring. Serve with rice. Goes well with a green salad of mandarin oranges, green onion and oil and vinegar dressing (with sweet basil). Serves 4.

Jeanne Dunn
Los Angeles, Calif.

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SHRIMP CURRY

- 2 lbs. shrimps, shelled and deveined
- 1/2 cup butter
- 1 large onion, sliced
- 1 clove garlic, minced
- 3 celery stalks, sliced
- 1/2 cup flour
- 3 cups milk, or chicken broth
- 1 green pepper, cut in strips
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. cayenne
- 1/2 tsp. ginger juice

- 1/4 tsp. turmeric**
- 2 tbsps. curry powder**
- 2 tbsps. lemon juice**

Split shelled shrimps lengthwise. Melt butter in frying pan and saute shrimp until they turn light pink in color. Add onion, garlic and celery and cook until limp. Lower heat and stir in flour to coat ingredients. Add milk, stirring until smooth. Add green pepper and seasonings. Cook until thickened, stirring occasionally. Stir in lemon juice and serve with hot rice. Serves 6.

Sadie Sonoda
Honolulu, Hawaii

10-MINUTE SHRIMP CURRY

160

- 1 lb. medium size shrimp, shelled
(if large size, cut into chunks)**
- 2 cans cream of mushroom soup**
- 1 pt. sour cream**
- 1 tbsps. lemon juice**
- 2 tbsps. curry powder**
- 1/2 tsp. MSG (optional)**
- salt to taste**
- peas or carrots, cooked**
- hot cooked rice**

Pre-boil shrimp, being careful not to overcook them. Place soup and sour cream into saucepan and bring to boil over medium heat, stirring constantly. Add shrimp, curry powder, lemon juice, MSG and salt. *Bring barely to a boil*, and remove from heat, and sprinkle a small amount of cooked peas or carrots, for color. Serve over hot rice. Serves 5.

Sako Asawa
Auxiliary

CURRY WITH AVOCADO

- 1 small onion, chopped**
- 1 small apple, chopped**
- 2 tbsps. butter**
- 1 can cream of chicken soup**
- 2 tsps. curry powder, or more, to taste**
- 2 cups cooked shrimp, or chicken**
- 3 avocado, cut in half, peeled and pitted**
- salt**
- condiments (coconut, chutney, chopped nuts, green peppers, etc.)**

Saute onion and apples in butter in a medium size frying pan. Stir in cream of chicken soup, and add curry and salt to taste. Heat until smooth, and add shrimp or chicken. Serve over avocado halves. Instead of avocado, the curry can be served over hot rice. Serve with various condiments. Serves 5 to 6.

Miye Yoshida
Auxiliary

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CRAB AND MUSHROOM RAMEKINS

- 2 tbsps. butter or margarine**
- 1/2 lb. mushrooms, sliced**
- 1 1/2 tbsps. flour**
- 2/3 cup dry white wine**
- 1/2 cup sour cream**
- 3/4 cup shredded Swiss cheese**
- 3/4 lb. crab meat**
- salt**
- pepper**
- toasted slivered almonds (optional)**

In a frying pan over medium heat, melt butter and saute mushrooms until golden brown. Lift out a few mushrooms and set them aside for garnish. Sprinkle remaining mushrooms with flour and stir until bubbly. Remove from heat and slowly add the white wine. Return to heat and cook, stirring, until thickened. Stir in sour cream, cheese and crab meat. Season to taste with salt and pepper.

Spoon mixture into two individual shallow baking dishes and garnish with reserved mushrooms and slivered almonds, if you desire. Cover and refrigerate at this point, if made ahead. Heat, uncovered, in 325° oven for 10 to 15 minutes. (20 to 30 minutes if refrigerated.) Serves 2 to 4.

Ruth Watanabe
Auxiliary

CRAB PIE

162

- 1/2 cup mayonnaise**
- 1 can crab meat**
- 1 cup onions, chopped**
- 1/3 cup Swiss cheese, grated**
- 2 eggs, beaten**
- 2 tbsps. flour**
- 1/2 cup milk**
- salt**
- pepper**
- dash of sake or wine**
- garlic powder**

Combine all ingredients and place in 9 inch uncooked pie shell, and bake in 350° oven for 45 minutes. Serves 4.

Edith Yamamoto
West Los Angeles, Calif.

BUSY DAY TUNA-MACARONI CASSEROLE

- 1 lb. pkg. elbow macaroni, cooked and drained
- 1 pkg. frozen peas, cooked
- 2 6½-oz. cans tuna, drained
- 1 can cream of mushroom soup
- 1 can cream of vegetable soup
- 1 cup milk
- 1½ cup mild Cheddar cheese, shredded
- 1 tbsp. salt
- 2 tbsps. pimienta, chopped

Flake drained tuna into a large mixing bowl. Add soups, milk, 1¼ cup shredded cheese, salt and pimienta. Gently mix in peas and macaroni until well blended. Pour into well greased 2-qt. casserole and sprinkle with remaining ¼ cup shredded cheese. Bake uncovered at 350° for 35 to 40 minutes. Serves 8 to 10.

Aiko Takeshita
Auxiliary

BAY SEAFOOD CASSEROLE

- 1 cup crab meat
- 1 cup shrimp
- 1 cup celery, chopped
- $\frac{1}{4}$ green pepper, chopped
- $\frac{1}{2}$ cup water chestnut, sliced
- $\frac{1}{4}$ onion, grated
- 3 eggs, hard-boiled, chopped
- $1\frac{1}{2}$ cups mayonnaise
- 1 tbsp. soy sauce
- buttered bread crumbs
- slivered almonds

Combine crab, shrimp, celery, green pepper, water chestnuts, eggs and onion, in a large bowl. Mix soy sauce with mayonnaise and add to mixture in bowl. Mix well. Pour into shallow baking dish; cover with buttered crumbs and sprinkle slivered almonds on top. Bake 35 minutes in 350° oven. Serves 4.

164

Lorraine Oda
Monterey, Calif.

NEPTUNE CASSEROLE

- 1/2 cup butter**
- 1/2 lb. mushrooms, sliced**
- 1 small onion, minced**
- 1/3 cup flour**
- 2 tsps. salt**
- 1/2 tsp. nutmeg**
- 1/2 tsp. paprika**
- 1/4 tsp. pepper**
- 1/8 tsp. cayenne**
- 2 cups heavy cream**
- 1/2 tsp. lemon rind**
- 1 small bay leaf, crumbled**
- 2 lbs. lobster, cooked and cut in chunks**
- 1 lb. scallops, cooked (save 1/2 cup liquid)**
- 1 lb. small shrimps, cooked**
- 1 green pepper, chopped fine**
- 2 egg yolks**
- 1/2 cup dry white wine**

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Melt butter in large skillet and saute onion and mushrooms. Remove from pan. Sift flour, salt, nutmeg, paprika, pepper and cayenne into bowl. Add cream slowly. Blend cream mixture into skillet drippings. Add lemon rind, bay leaf, seafoods, green pepper, onion and mushrooms. Cover skillet and return to very low heat. Beat egg yolks, and mix with scallops, liquid and wine. Add to seafood and mix well gently. Place in individual shells, or in a 2 1/2 -qt. casserole and top with crumbs. If in shells, bake at 350° for 30 minutes, or 45 minutes for casserole. Serves 8.

Taye Isono
Auxiliary

CIOPPINO #1

- 2 doz. clams
- 1 lobster, cut in bite-size pieces or
- 1 crab, left in shell, but cracked in pieces
- 1 lb. raw shrimp, shelled and deveined
- 1 tbsp. garlic, chopped
- 2 tbsps. parsley, chopped
- 2 tbsps. celery, chopped
- 1 tbsp. celery tops, chopped
- 1 tbsp. green pepper, chopped
- 1½ cups red wine
- 1 cup tomato puree
- 2 cups peeled tomato
- 1 tsp. saffron
- salt
- pepper
- paprika
- pinch of sweet basil
- ½ of 8 inch sheet of dry seaweed
- ½ cup olive oil

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Heat olive oil in heavy pot and gently brown green pepper, celery tops, celery, parsley and garlic. Add tomatoes and tomato puree; season generously with salt, saffron, pepper, seaweed and paprika. Add wine and sweet basil and simmer for 1 hour. In a skillet with lid, steam scrubbed clams in a quart or more of lemon water, until shells open. Add this strained liquid to the tomato mixture. When sauce is cooked, add all seafood except clams. Simmer for 15 minutes, then add clams and serve. Serves 4 to 6.

May Mori
Hollywood, Calif.

CIOPPINO #2

- 2** tbsps. olive oil
- 1** large onion, chopped
- 1/4** cup green pepper, chopped
- 1/4** cup celery, chopped
- 1** clove garlic, minced
- 1** can tomatoes (#2 1/2 size)
- 1** can stewed tomatoes (#303)
- 1** 8-oz. tomato sauce
- 2** cups water
- 2** bay leaves
- salt and pepper
- MSG (optional)
- thyme, rosemary, parsley flakes
- 1** lb. sea bass, filet of cod,
cut in 1 1/2 inch pieces
- 1** lb. shrimps, shelled and deveined
- 1** lb. scallops
- 1** lb. squid, cut in 1 inch pieces
- 1** crab (if cracked cooked crab, add last,
with clams)
- 1** lobster tail, cut into bite-size pieces
- 2** lbs. clams

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In an oiled skillet, saute onion, celery, green pepper and garlic; transfer to a large 8 to 10 quart pot. Add tomatoes, stewed tomatoes, tomato sauce and water, and add all seasonings. Simmer about 50 to 60 minutes. Just before serving, add the seafood listed, or whatever you desire. The number of seafood is optional. Serve over hot rice. Serves 12 to 14.

Sumi Saito
Fresno, Calif.

CLAM CREPES

- 3 eggs
- 2 tbsps. butter (or less)
- 1½ cups milk
- ½ tsp. salt
- 1 cup flour

FILLING:

- ¼ cup green pepper, chopped
- ¼ cup butter
- 1 8-oz. cream cheese
- ¼ cup chives, chopped
- 2 cups clams, drained chopped
- 1 cup Monterey Jack cheese, shredded
(or other kind of cheese)

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Beat eggs, milk, salt and add flour. Heat 7 or 8 inch skillet and dot with butter. Ladle about 2 tbsps. of batter and swirl around to cover entire pan. Fry until pancake bubbles on top. Flip out on paper towel to cool and stack. Redot pan with butter for each crepe.

Saute onion and green pepper in butter. Add cheese and melt; add clams. Spoon 2 tbsps. of clam filling onto center of cooled crepe and roll. Place in 9x12 inch baking dish and cover with Jack cheese. Bake in 350° oven for 15 to 20 minutes. This can be frozen and heated later and used as an appetizer or main dish. Crepes are also good for dessert when filled with fruit, cream or custard.

Shirley Lauritzen
West Los Angeles, Calif.

CREPES

- 4 eggs
- $\frac{3}{4}$ cup flour
- $1\frac{1}{2}$ cups milk
- $\frac{1}{3}$ cup shortening
- 1 tbsp. sugar
- 1 tsp. salt

Melt shortening in pan you are going to use. In a bowl, mix flour, eggs, salt, sugar, $\frac{1}{2}$ of milk and beat well. Add rest of milk and melted shortening. Heat frying pan and add $\frac{1}{3}$ cup batter, filling the pan quickly. Fry on one side only. Flip out and they are now ready to use, filling them on the unbaked side and rolling them. Makes 10 to 12 7-inch crepes.

FILLING:

1 — Crepes a la Reine

- water
- 1 onion
- 1 carrot
- 1 celery stalk
- thyme, bay leaf, salt and pepper
- 1 chicken

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Combine above ingredients except chicken for broth. Boil broth gently for 10 minutes and add chicken and cook for 45 minutes. Cool and remove bones and dice chicken.

MORNAY SAUCE:

- 2 cups milk
- 1 tbsp. shortening or butter
- 2 tbsps. flour
- $\frac{1}{8}$ tsp. nutmeg
- 2 egg yolks
- $\frac{1}{2}$ pt. whipping cream, whipped

Heat milk in another saucepan, melt butter or shortening, but do not let it brown. Add flour and slowly add hot milk and nutmeg. Remove from heat and add egg yolks. Mix half of the sauce with the chicken. Put 1 heaping tbsp. of filling in each crepe, and roll them up and place in baking dish. To other half of the sauce, add ½ pt. lightly whipped cream and spread it over all the crepes and place under hot broiler to give it a nice brown color.

2 — Crepes Madras

- 1 can salmon, or fresh salmon, poached**
- curry powder**

Poached salmon or can salmon may be used. Flake salmon and add a little curry powder to the Mornay sauce. Then add salmon and proceed as in other crepes.

3 — Crepes Suzette

- 1 can frozen orange juice**
- 2 tbsps. brown sugar**
- 2 tbsps. butter**
- ¼ cup curacao or other orange liqueur**

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Place crepes singly in sauce (orange juice, brown sugar and butter) and when all of the crepes are ready, heat ¼ cup liqueur and set aflame. Pour flaming liqueur over the crepes.

Margrith Strates
Los Angeles, Calif.

ONION RICE CASSEROLE

- 1 cup uncooked rice**
- 2 cans mushrooms, drained**
- 4 tbsps. butter**
- 2 cans onion soup**
- slivered almonds**
- 1 soup can of water**
- parsley, chopped**

Brown rice and mushrooms in butter. Place in casserole and add other ingredients, plus 1 can of water (can be liquid drained from mushrooms), and bake at 350° for 1 hour. Add almonds and sprinkle fresh parsley before serving. Serves 4.

Haru Nakata
Auxiliary

RICE PILAFF

171

- 1 medium onion, chopped**
- 1 cube butter, or margarine**
- 2 cups long grain rice, or regular rice**
- 1 bouillon cube**
- scant handful vermicelli**
- 4 cups water**
- salt and pepper**
- MSG (optional)**

Melt butter and add rice, vermicelli and onion in large frying pan. Cook until onion is soft and the rice is browned. Add water, bouillon cube and seasonings. Let it come to a boil; boil until the water is absorbed. Turn down the heat, and steam until done, about 30 minutes (total cooking time, or put all the ingredients in an automatic rice cooker to finish cooking).

Toyo Nakasone
Culver City, Calif.

FALAFEL (Middle East Sandwich)

Peeta bread

Fava bean patties

Shredded lettuce

Sliced tomatoes

Sliced dill pickles

Shredded or sliced vegetables such as cucumbers, red radishes, carrots, red cabbage.

Any or all can be used.

Margarine

Mayonnaise or 1000 Island dressing

FAVA BEAN PATTIES:

1 lb. dried fava beans

green tops of 1 leek

1/3 bunch parsley

2 green onions

1 medium dry onion

2 tbsps. flour

1/2 tsp. ground mixed spices

1/2 tsp. ground chili pepper, or to taste

1/2 tsp. garlic powder

1 1/2 tsp. salt or to taste

1/8 tsp. ground cumin

1/8 tsp. dried ground mint or fresh

1/4 tsp. black pepper

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Wash and soak beans covered in water for 24 hours changing water at least two times. Using fine grind blade, grind beans, twice. Save juices to be added later. Chop parsley, green onions, leek top and dry onions very coarsely. Then fine grind these vegetables twice also. Save juices to be added to mixture. In large flat pan put ground beans, vegetables, the juices, flour and all seasonings and mix well. Allow to set for 1 hour. Meanwhile, fill skillet with oil and heat. Dip hands in water and shape filling into 2 1/2 inch patties. Fry, brown on both sides.

FALAFEL

To Assemble:

Make slits in peeta bread. Spread with margarine. Place as many patties in bread as desired. (This much can be done ahead of time). When ready to serve, heat patty-filled bread in the oven in a foil-covered pan until thoroughly heated. Fill with tomatoes, lettuce, radishes, 1000 Island dressing and pickles.

This is authentic falafel. True falafel has no meat and is made with fava beans.

Marian Susuki
Auxiliary

Variation:

FALAFEL

- 1 can garbanzo beans, grind with fine blade
- 1 lb. lean ground beef
- 1 medium onion, chopped fine
- 2 eggs
- salt, pepper
- 1/2 tsp. chili pepper, or to taste
- 1/2 tsp. cumin
- 1 tsp. dried parsley flakes
- 12 Arabic or peeta bread
- 2 or 3 tomatoes, diced fine
- red cabbage or red radish, chopped fine
- Kosher dill pickle, sliced
- margarine
- mayonnaise or 1000 Island dressing

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Mix beans, beef, onion, eggs and seasonings and form 12 patties. Fry in salad oil until brown and well done on both sides. Make slits in peeta bread large enough to slip in a patty. Spread inside with margarine. Assemble as above. This makes 12 very filling sandwiches.

Marian Susuki
Auxiliary

PIPERADE OMELET

- 8 to 10 strips of ham (2x3 inch)
browned lightly in butter, or
- 8 to 10 pieces of cooked bacon, cut in half
- 1 medium yellow onion, thinly sliced
- 1 green pepper, thinly sliced
- 1 small clove garlic, minced
- 2 or 3 tomatoes, peeled and halved
- 8 eggs, beaten lightly, with ½ tsp. salt
and pinch of pepper
- 2 or 3 tbsps. parsley, minced

Cook onions and bell pepper slowly in butter or oil in covered skillet until tender, but not browned. This will take about 10 minutes. Stir in garlic and sprinkle salt and pepper. Peel tomatoes, cut in halves and gently squeeze out the juice and slice. Lay tomatoes over onions and peppers and sprinkle with salt.

- 174 Cover skillet and cook for 5 minutes. Uncover, raise heat and cook briefly to let excess juice evaporate from the tomatoes. Stir occasionally to prevent scorching. Scramble eggs in 1½ tbsps. butter or oil in 10 or 11 inch serving skillet until creamy, but not dry. Spread onion and tomato mixture (reheat if necessary) over the eggs. Arrange ham or bacon strips over the top and sprinkle generously with parsley. Serve immediately. Serves 4 to 6.

Katherine Hinds
Los Angeles, Calif.

PIZZA FROM SCRATCH

Purchase between 6 to 9 quarry tiles from any tile or brick company. Place rack in the middle of the oven, and place quarry tiles on the oven rack, side by side, to cover the center of the rack. Preheat oven to 500°.

DOUGH:

- 2 yeast cakes
- pinch of sugar
- 1¼ cups warm water
- 3½ cups flour
- 1 tsp. salt
- ⅓ cup olive oil

SAUCE:

- 1 medium can tomato sauce
- 1 medium can tomato sauce with bits
- 1 tbsp. oregano
- 1 tbsp. sweet basil
- 1 tsp. sugar
- 1 large clove garlic, mashed
- dash red wine

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TOPPINGS:

Sliced pepperoni, mushrooms, fried Italian sausage, green peppers, Mozzarella and Parmesan cheeses, etc.

Dissolve yeast cakes and sugar in a small bowl with some of the warm water, and put aside. Be sure the yeast is active, or start again with fresh yeast. In a large bowl, put in the flour, salt, make a well and add the oil, yeast mixture and rest of the water. Blend, then turn out and knead until smooth and elastic. Place in oiled bowl; turn once, cover and place in warm, draft-free area. Let it rise until it at least doubles in bulk (about an hour).

In the meantime, make your favorite pizza sauce, or put the above sauce ingredients in a sauce-pan and simmer.

To assemble, slice off about a fifth of the dough and roll out to the thickness that you desire. Sprinkle board or flat-ended cookie sheet with corn meal. Place the dough on the board, spread on the sauce to about 1/2 inch of the sides; sprinkle on toppings, ending with the cheeses and green peppers. Check by shaking the board to see if the dough is loose, then slide pizza off the board and onto the bricks. Cook for about 8 to 10 minutes. The sides will be slightly browned and the cheese bubbling. Makes 5 medium pizzas.

Ruthe Satow Wilkinson
Hawthorne, Calif.

Oriental Dishes



- 205 Renkon with Umeboshi Ae (Lotus root with pickled plum sauce)
- 206 Saifun with Tomato
- 206 #1 Sanbaizuke (Pickled vegetables)
- 207 #2 Sanbaizuke (Pickled vegetables)
- 207 Shira Ae
- 208 Stuffed Tofu (Bean Curd cake)
- 209 Tasty Tsukemono
- 209 Tororo Jiru (Grated mountain yam)
- 210 Water Cress Salad (Oriental)
- 211 Yaki Nasu Kurumi Su Kake (Boiled eggplant with walnuts)

MEATS

- 211 Amazu Niku Dango (Meat balls)
- 212 Bul Kogi (Korean meat marinade)
- 212 Chap Chae (Korean)
- 214 Cha Shu
- 214 Chirashi Saimin
- 215 Chosen Yaki no Tare (Korean teriyaki)
- 216 Chow Fun
- 216 Glazed Spare Ribs
- 217 Ground Pork with Tofu
- 218 Gyoza Yaki (Pan fried won ton)
- 219 #1 Hawaiian Chinese Spareribs
- 219 #2 Beachcomber Spareribs
- 220 Hawaiian Spareribs
- 220 Hikiniku Dofu Donburi (Hamburger and bean cake in a bowl)
- 221 Hom Yu
- 222 Malaysian Chinese Pork Chops
- 222 Nabemono (Pork and vegetables)
- 223 Oriental Meat Patties
- 224 Pepper Steak
- 225 Rice Meat Balls
- 225 Shabu Shabu
- 226 Shredded Beef with Green Pepper
- 227 Sukiyaki Roll #1
- 228 Teri 'n Asparagus #2
- 228 Sweet and Sour Spareribs
- 229 Tan Chow (Steamed Egg Rolls)
- 230 Tomato and Beef (Chinese)
- 231 Tomato Pepper Steak

CHICKEN

- 231 Chicken and Cucumber no Goma Su Ai
(With sesame seed sauce mixture)
- 232 Chicken and Pork Adobo
- 233 Chicken Mizutaki
- 234 Chicken on a Stick (Kushi Katsu)
- 234 Chicken Potato
- 235 Chinese Chicken Salad
- 236 East-West Chicken — Sweet and Sour
- 237 Gomoku Somen
- 239 Hawaiian Chicken Almond
- 239 Hoisin Yaki Tori
- 239 Korean Chicken Breasts
- 240 Korean Chow Mein
- 240 Long Rice with Chicken and Okra
- 241 Moo Goo Gai Pan (Chicken and vegetables)
- 242 Oriental Fried Chicken
- 242 Steamed Chicken and Lup Chong
- 243 Teriyaki Chicken

FISH

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- 244 Baked Fish Surprise
- 244 Barbecued Mackerel (Korean Style)
- 245 Gomame
- 245 Ika no Jumbo Kaki Age (Squid and vegetable tempura)
- 246 Ni-Kogori (Seafood Aspic)
- 247 Oden
- 248 Shrimp Balls
- 249 Steamed Fish
- 249 Stuffed Fish (Ken chin)
- 250 Tri-colored Chikuwa Tempura

EGGS

- 251 Chilled Egg Tofu
- 251 Economical Egg Roll
- 252 Nga Coy Chow Dong (Eggs with bean sprouts)
- 253 Tamago Maki (Egg roll)

DESSERTS

- 253 Baked Azuki Mochi
- 254 Chi Chi Mochi
- 254 Daifuku Mochi
- 255 Kuri Kinton (Chestnut dessert)
- 256 Ohagi (Rice dumpling)
- 257 Senbei
- 258 Sesame Seeds Cake (Chinese)
- 258 Yaki Manju
- 259 #1 Yokan
- 259 #2 Yokan
- 260 #3 Yokan

THE NEW YEAR'S BUFFET TABLE

The welcoming of the New Year in Japan is the most important event of the year. Friends, relatives and neighbors gather together to feast, toast the New Year, and wish each other health, wealth and prosperity for the coming year. The preparation of a variety of home-prepared foods plays a very important part of the celebration. Osechi (New Year's dishes) is a careful combination of foods sufficient for a full-course Japanese dinner. They are cooked ahead and placed on the table or put in the *jubako* (lacquered tiered box) so that the homemaker need not be cooking during this happy season.

Some of the foods are particularly included because of the play on words or because of their symbolism.

Kuromame — *mame ni kurasu* (health)

Kobumaki — *yorokobu* (to be glad, joyful)

Tai (perch) — *omedetai* (congratulatory)

Kazunoko — denotes prosperity

Lobster or shrimp — curved spine denotes long life.

SUGGESTED MENU

Centerpiece — Broiled Tai or Broiled Lobster

Salad — Vegetable Namasu

Sekihan — Azuki Rice

Variety of Sushi

Kazunoko — Herring Roe

Cooked Octopus served with Miso Sauce

Tsukemono — Pickled Vegetables

Dessert — Yokan — Bean Paste

Kinton — Lima Beans

Kanten — Japanese Gelatine

Tangerines

Hot Sake

JU BAKO (LACQUERED TIERED BOX)

1st Layer:

Renkon, Kamaboko, Kuromame, Kinton or Yokan.

Goma-me (dried fish), Tamago-yaki

2nd Layer:

Sunomono, Teriyaki Chicken, Beef Roll Teri, Shrimp Teriyaki

3rd Layer:

Variety of Onishime (shiitake, satoimo, konbu, takenoko, carrots, gobo, konnyaku), Kobu maki

Add for decoration — Shiba ebi (channel shrimp)

SUGGESTIONS FOR PICNIC LUNCH

Onigiri — (rice balls or sushi)

Nimono — (cooked meat and vegetables)

Tsukemono — (pickled vegetables)

Kamaboko — (fish cake)

Chicken Teriyaki

Beef Teriyaki

Tamago Yaki

Beverage — hot tea

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MENU PLANNING (CHINESE)**Basic Menu**

Appetizer

Soup

2 or more entrees (depends on the number of people)

a. Meat & vegetable combination

b. Sweet-sour dish

c. Seafood dish

Rice, steamed or fried

Dessert — very simple

a. Steamed cake

b. Cookies

c. Oriental fruit

Village Style

A. Soup (generally a vegetable soup)

1. Watercress soup

2. Chinese mustard green soup (Gai Choy)

3. Bean cake with nappa soup

- B. Simple inexpensive meat and vegetable entrees
 - 1. Steamed pork patty with salted fish
 - 2. Steamed Chinese sausage, slice in thin pieces
 - 3. Salted duck eggs
 - 4. Chard hearts with shrimp, pork or chicken
 - 5. Bean cake with pork or beef
- C. Dessert — usually none at all

Dinner Style

- A. Soup (vegetable & meat combination)
 - 1. Seaweed soup with mushrooms & bean cake
 - 2. Abalone soup with vegetables
 - 3. Wor Won Ton soup (won ton soup with shrimp, meat & vegetables)
 - 4. Winter melon soup (diced form)
- B. Entrees
 - 1. Sweet & sour meat or seafood dish
 - 2. Chicken dish (soy sauce chicken, poached whole chicken, etc.)
 - 3. Beef & vegetable combination
 - a. Asparagus beef
 - b. Beef tomato
 - c. Beef with chard hearts
 - 4. Seafood dish
 - a. Steamed or poached fish
 - b. Deep fried whole fish with sweet and sour sauce
 - c. Squid with pea pods

DASHI (Basic Soup Stock)

- 5 cups water**
- 1/2 cup katsuo bushi**
- 1 4 inch square kombu**
- 1 1/2 tsp. salt**
- 1 tsp. soy sauce**
- dash MSG (optional)**

Place kombu in water and boil, then add katsuo-bushi. Wait for a few minutes until it boils again. Turn off heat, cover and steep about 20 minutes and strain.

Instant ready-made soup stock (dashi) may be purchased at the stores in the Oriental food section.

*Toy Kanegai
Auxiliary*

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KENCHIN JIRU (Vegetable Soup)

- 1/2 lb. teriyaki beef (or pork or chicken)**
- 5 cups dashi**
- 1/4 cup white miso**
- 1 tbsp. sake**
- 1/2 tsp. sugar**
- 1 stalk gobo, sliced thin diagonally**
- 2 medium carrots, sliced diagonally in bite-size pieces**
- 1 cake tofu, cubed in small pieces**
- 4 pieces age, sliced, parboiled**
- 1 cake konnyaku, sliced in bite-size pieces, parboiled**
- 5 sato imo, sliced in bite-size pieces**

Cook meat in dashi until done, then mix in miso. Cook over medium heat, then add sake and sugar to broth.

Parboil all vegetables, except tofu. Mix in the broth, gobo and carrots, first, then add tofu, age, konnyaku and imo. Cook until heated.

*Fuji Matsuda
West Los Angeles*

OZONI

SOUP MIXTURE:

- 4 cup dashi
- 1 tbsp. salt
- 1 tbsp. shoyu
- 1/2 tsp. MSG (optional)

INGREDIENTS FOR SUMASHI:

- 8 mochi, toasted
- 8 slices daikon
- 8 slices carrots
- 8 slices prepared satoimo (Japanese taro)
- 24 small pieces of cooked chicken
- 8 slices kamaboko
- 8 portion mizuna or spinach
(all vegetables to be cooked ahead of time)

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Bring soup mixture to a boil, then lower heat and keep warm.

Place all the vegetables and mochi in individual soup bowls, then pour dashi over it and cover. Serve at once. Serves 8.

This is the dish one is supposed to eat on New Year's Day.
A traditional food.

Toy Kanegai
Auxiliary

WINTER MELON SOUP

- 2 lbs. winter melon
- 4 cups chicken broth
- 3 thin slices ginger
- 4 medium shiitake (soaked in water and diced)
- 2 pieces chicken breasts, boiled and boned.
Cut into small pieces. Dust with cornstarch.
- 2 tbsps. ham (Virginia), diced

- 1 tbsp. salad oil (optional)
- 1 tsp. salt
- 1/2 tsp. sesame oil
- 2 tps. cornstarch mixed with 4 tps. water
- 1 egg, beaten

Peel melon. Remove seeds. Dice melon in 3/4 inch cubes. Bring chicken broth to boil, add ginger, mushrooms and melon. Bring to boil again and simmer 20 minutes until it is soft and translucent. Add diced chicken, ham, salad oil, salt and sesame oil. Bring to boil again and add cornstarch mixture. Stir well. Just before serving, stir in egg.

Amy Nakashima
Auxiliary

VARIATION OF SAUCES

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AMAZU (Sweet Vinegar)

- 3 tbsps. vinegar
- 2 1/2 tbsps. sugar
- 2 tps. shoyu
- 1/2 tsp. salt
- 1 tbsp. dashi

Mix thoroughly. Good for fresh vegetables, shell fish and fish.

NI HAI ZU (2 ingredients)

- 3 tbsps. vinegar
- 1 1/2 tbsps. shoyu
- 1/2 tsp. salt
- 1 tbsp. dashi

Mix the above together. Goes well with all seafood.

SAN BAI ZU (3 ingredients)

- 3 tbsps. vinegar
- 1 1/2 tbsps. sugar

- 1 tbsp. shoyu**
- 1/2 tsp. salt**
- 1 tbsp. dashi**

Mix together and use as a marinate for all vegetables and seafood.

GOMA SU (Sesame Sauce)

- 3 tbsps. vinegar**
- 2 tbsps. sugar**
- 1 tsp. salt**
- 3 1/2 tbsps. goma (white), toasted and ground**

Mix together, good for cooked vegetables.

GOMA JO YU (Sesame Shoyu)

- 4 tbsps. toasted goma (white, ground)**
- 3 tbsps. shoyu**
- 2 1/2 tbsps. sugar**
- 1 tbsp. dashi**

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For cooked vegetables.

SU YO JU (Vinegar Shoyu)

- 2 tbsps. vinegar**
- 2 tbsps. shoyu**

For cooked fish dishes.

KARASHI SUMISO (Hot Miso Sauce)

- 4 tbsps. miso, red**
- 2 tbsps. sugar**
- 4 tbsps. dashi, heated**
- 1 1/2 tsp. dry mustard**
- 2 1/2 tbsps. vinegar**
- parboiled vegetables**

Good with konbu and shell fish. Put miso and dashi in suribachi and grind with pestle. Cool, add vinegar and other vegetables and stir well.

AMAZU AN (Sweet and Sour)

- 1 cup dashi**
- 4 tbsps. vinegar**
- 4 tbsps. shoyu**
- 4 tbsps. sugar**
- 1 tbsp. cornstarch**
- 1 tbsp. water**

Cook first four ingredients together in a saucepan until the sugar is melted. Mix the cornstarch and water together and add to the first mixture stirring until it thickens. Good with cooked pork or fish.

YAKI TORI NO TARE (Teriyaki)

- 1/4 cup shoyu**
- 1/4 cup mirin**
- 1 tsp. sugar**

Cook until the sauce becomes syrupy. Brush the sauce over fish, fowl or meat and broil or barbecue.

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HIYASHI CHUKA NO SOBA TSUYU

Cold soba (buckwheat) sauce

- 2 1/2 cups dashi**
- 4 tbsps. vinegar**
- 3 tbsps. shoyu**
- 2 tbsps. sugar**
- 1 tsp. salt**
- 1 tsp. ra-yu (sold in stores, *red chili pepper with sesame oil)**

***Ra-yu seasoning**

Break 10 chili peppers and toast in frying pan, then add 1 cup sesame oil and MSG, cool.

TENTSUYU (Tempura)

- 1 cup dashi**
- 1/3 cup shoyu**
- 3 tbsps. mirin**

For tempura, serve warm.

NIZAKANA NO NIJIRU (Sauce for cooking fish)

- 1½ tbsps. sake
- 4 tbsps. water
- 4 tbsps. shoyu
- 2½ tbsps. sugar
- ¼ tsp. grated ginger

Cook in sauce pan over medium heat until sugar is dissolved.
This sauce may be used for fish, either broiled or pan-fried.
For broiled fish, use sauce to baste. For pan-fried fish, cook on one side first, turn and then add sauce. Cover, cook until done.
Do not over-cook.

CHICKEN SALAD DRESSING (Chinese)

- ¼ cup white sesame seeds, toasted
- 4 tbsps. sugar
- 2 tsps. salt
- 1 tsp. MSG (optional)
- ½ tsp. pepper
- 4 tbsps. vinegar
- ½ cup salad oil or
(¼ cup salad oil — ¼ cup sesame oil)

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Chill, mix well and serve.

Toni Nakamura
West Los Angeles, Calif.

BASIC SUSHI RICE

- 5 cups rice
- 5 cups water

Wash and soak rice 1 hour before cooking. Cook rice in heavy bottom pan. **Important!** Never take off cover while cooking rice! Cook rice on high heat until water bubbles over, place an asbestos pad under

pan, turn flame down very low, and continue cooking for 15 minutes. Turn off flame. Do not remove rice from stove for 10 minutes. Cool for another 10 minutes after removing from stove.

VINEGAR SAUCE:

- 1/4 cup sugar**
- 1 tbsp. salt**
- 1 tsp. MSG (optional)**
- 2/3 cup vinegar**

Mix well. Transfer cooked rice to stainless steel or enamel pan or dish pan. Pour vinegar sauce over rice. Mix vinegar and rice with shamoji (a flat wooden spoon). Use shamoji like a knife to cut vinegar into rice. Do not break rice grains. When mixed, cool rice by fanning rapidly. This gives a sheen to the rice.

Miwa Goka
Auxiliary

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GLAZED SHIITAKE (for Maki-zushi)

5 to 10 shiitake, depending on size

- 1/3 cup sugar**
- 1/4 cup sake**
- 1/4 cup soy sauce**
- MSG (optional)**

Wash the shiitake and soak in water (just enough to cover) overnight or for several hours. Cook in sauce pan, covered, with water used in soaking, remove lid at boiling point and cook over low heat until liquid is absorbed.

Add sugar and cook for a minute. Add sake, soy sauce, and MSG and continue cooking until liquid is absorbed and shiitake is glazed. Slice in 1/4 inch strips and use for maki-zushi filling.

Sae Isono
Santa Monica, Calif.

(Inadvertently omitted in Cookbook I, page 109)

INARI SUSHI

- 1½ cups dashi**
- 2 tbsps. shoyu**
- ⅔ cup sugar**
- ½ tsp. salt**
- 1 tbsp. mirin**
- 15 age**
- 3 cups sushi rice**

Cut age in half and form pocket. Cook in boiling water for a few minutes, drain well. Rinse in water once and drain again. Cook in above ingredients over medium heat until dashi disappears (about 15 to 30 minutes). Cool, then stuff the sushi rice mixture lightly into the pockets formed in the age.

Veronica Ohara
Auxiliary

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VARIATION:

- 8 abura age, cut in half**
- 1 cup dashi (basic soup stock or instant dashi)**
- 4 to 5 tbsps. sugar**
- 1 tbsp. rice wine (sake)**
- 1 tbsp. soy sauce**
- ½ tsp. salt**
- MSG (optional)**

Put age in large pot, cover generously with water and cook for a few minutes. Drain, cover with more water and cook for 15 to 20 minutes. Drain well, combine all other ingredients, add age and simmer until almost all of the sauce is gone. Cool before stuffing with about ½ recipe of basic sushi rice.

Marian Susuki
Auxiliary

CRAB SUSHI

- 4 cups rice**
- 5 cups water**

Follow directions for cooking sushi rice.

- 6 pieces shiitake, soaked in
1/2 cup hot water**
- 3 tbsps. sugar**
- 2 tbsps. shoyu**
- 1 tbsp. mirin**

Cook together for 10 to 15 minutes till liquid is nearly absorbed.

- 2 eggs, beat lightly**
- 2 tbsps. sugar**
- 1/2 tsp. salt**

Fry in 10 inch oiled pan over low flame to make two thin sheets.
Cool and then roll the sheet and slice very fine for garnish.

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- 1/2 cup vinegar**
- 1 tbsp. salt**
- 2 tbsps. sugar**
- MSG (optional)**

Heat till sugar dissolves and set aside.

- 1 12-oz. can of crab**
- 2 tbsps. vinegar**
- 1 tbsp. sugar**

Flake crab meat and mix together..

- 1 small piece red shoga (ginger)
cut in fine slivers**
- 2 sheets, nori, toasted and crushed**

Mix the vinegar mixture with cooked rice. Slice cooked mushroom in thin strips and add to rice. Put rice mixture in a serving platter and top with crab, egg and nori.

Garnish with red ginger.

*Kimiyo Sakaniwa
Auxiliary*

CHICKEN GOHAN

- 4 cups rice
- 5 cups water
- 1 cup diced chicken meat
- 1/3 cup shoyu
- 2 tbsps. sake
- 1 tsp. MSG (optional)
- 1 carrot, diced
- 1 age, parboiled and chopped fine
- 1/2 cup boiled frozen peas

Wash rice and let stand in water 30 minutes. Marinate chicken in shoyu, sake and MSG for 10 minutes. Add chicken, carrots and age to rice, stir and cook as usual. When rice is cooked, mix lightly and sprinkle with peas.

Shizu Kato
Los Angeles, Calif.

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CHICKEN RICE

- 4 1/2 cups rice, washed
- 3 or shiitake, soak in 1 1/2 cups water
for about 45 minutes (reserve water
for later use)
- 1 cup gobo, washed, scraped, and
slivered thinly, soak in water
- 1/2 cup carrots, thinly slivered
- 1/2 cup fresh string beans, slivered
- 1 1/2 to 2 cups sliced uncooked chicken
- 2 tbsps. chicken fat, thinly diced
- 1/2 cup takenoko, thinly sliced

Cook rice and above ingredients in 5 1/2 cups of liquid as given in directions below.

LIQUID:

- 1/3 cup shoyu**
- 4 cups chicken stock**
water drained from soaked shiitake,
shoyu and chicken stock to total
5 1/2 cups
- 1 1/2 tsps. salt (more to suit taste)**
- 1 tsp. MSG (optional)**

Mix all above ingredients well. Put in large pot with lid. Bring to full rolling boil. Turn heat down to low and steam for one-half hour.

Chieko Inouye
Auxiliary

CURRY FRIED RICE

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- 6 cups cooked rice**
- 2 tbsps. butter**
- 1/2 medium dry onion, minced**
- 1 green pepper, chopped**
- 1 tbsp. curry powder**
- 1/4 lb. cooked ham, diced**
- 1 tsp. salt or to taste**

Heat frying pan with 1 tbsp. butter over high heat. Add vegetables and curry powder, and saute. Add 1 tbsp. butter, rice, ham and salt. Continue cooking until heated thoroughly.

Serve with shredded cabbage and sliced cucumber salad, tossed with vinegar and oil dressing.

Sako Asawa
Auxiliary

QUICK CHIRASHI

Use 5 cups Basic Sushi Rice

DASHI:

- 1 cup dashi
- 2 tbsps. soy sauce
- 1 tbsps. sugar
- 1 tsp. salt

FILLING:

- 2 ozs. kanpyo
- 5 or 6 pieces shiitake
- 3 small takenoko
- 2 stalks gobo

Wash and soak kanpyo for 10 minutes. Drain, parboil in water, just to cover, for 10 minutes. Drain in strainer. When cool, cut in small pieces. Soak shiitake in warm water for 15 minutes and slice thin. Slice takenoko thin (cut in half lengthwise) and then slice thin. Sliver gobo (soak in water until ready for use).

Add all ingredients to the dashi and cook over medium heat for 15 to 20 minutes. Drain the liquid and mix lightly with the rice.

For color, garnish with cooked carrots, peas, nori, kamaboko, kinshi tamago (finely sliced fried egg). Serves 6 to 8.

Toy Kanegai
Auxiliary

SEKIHAN (Steamed Azuki rice)

- 4 cups sweet rice (mochi rice)
- 1 cup dried azuki

Wash azuki, add enough water to cover, bring to boil. Skim the residue and add some cold water. Repeat process three times. Always have 4 cups liquid when cooking azuki. Cook slowly for about 40 minutes. Turn off heat and let stand for about 30 minutes. Drain and keep the azuki liquid. Try to keep beans from breaking.

Wash mochi rice, drain and soak overnight in azuki stock. Drain rice, add 2½ cups cooked azuki and mix well.

Lay a piece of cheese cloth on the rack of the steamer, spread the rice-azuki mixture on the cloth and steam. Baste every 10 or 12 minutes with the azuki stock to give color to the rice. Steam 45 to 60 minutes until rice is cooked. Serve with goma jio (sprinkled on rice as desired).

GOMA JIO:

- 1 tbsp. goma
- 1 tbsp. salt
- ¼ tsp. MSG (optional)

Pan toast goma and grind slightly. Add salt and MSG.

VARIATION:

3 cups mochi rice and 1 cup plain rice instead of all mochi rice makes a lighter Sekihan. Wash and add plain rice before steaming.

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Amy Nakashima
Auxiliary

VEGETABLE RICE (Kayaku Gohan)

- 2 medium carrots
- 2 gobo
- 2 age
- 5 inch square dashi or nishime konbu, . .
soak in water
- 2 large shiitake, soak in water
- ½ to ¾ lb. pork
- ½ cup fresh peas or lima beans
- 1 piece fresh ginger chopped fine
- 6 tbsps. shoyu
- 1½ tbsps. sugar
- 3 tbsps. sake
- 3 cups rice (wash and let set in water
for at least one hour)

Peel and slice carrots into small strips, about 1/2 inch long, but sliver thin.

Scrape outer skin of gobo and sliver, as you sliver it let the pieces drop into pot of water. Rinse and quickly parboil for about 2 minutes. Rinse again.

Cut age into half and parboil for about 2 minutes to get rid of excess oil. Squeeze out water and cut into small pieces.

Cut the konbu which has been soaking in water into small strips. Cut shiitake into small strips, squeeze excess water out only slightly.

Trim all fat from pork and cut into small pieces. Quickly parboil. (Do not boil too long, just enough to skim off residue). Drain.

Combine ginger, pork, shoyu, sugar and sake in saucepan. Bring to boil and let cook for approximately 5 minutes.

Drain the above sauce into measuring cup. There should be about 1/2 cup sauce.

Completely drain the rice.

Add *all* ingredients into the rice. Carefully mix so as not to break the rice grain which is now soft from soaking. Do not worry about mixing thoroughly. This can be done after the rice is cooked.

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Add enough water to the sauce to make 3 1/2 cups of liquid.

Pour over rice mixture. Sprinkle salt lightly over top.

Cook rice in usual manner.

Cook lima beans or peas in salted water until tender. Sprinkle over the rice as you transfer into serving bowl.

(Ingredients, except rice and sauce mixture, can be slightly increased or decreased or substituted as your taste dictates.)

Haru Nakata
Auxiliary

AGE DASHI (Deep Fried Tofu in Sauce)

- 1 cake tofu, cut into 4 slices**
- 6 tbsps. flour**
- vegetable oil for deep frying**

SAUCE:

- 3 tbsps. soy sauce**
- 1 tbsp. sake**
- 1 tbsp. mirin**
- 1/4 cup water**
- 1/2 tsp. MSG (optional)**

GARNISH:

- 4 tbsps. grated daikon**
- 1 tsp. fresh grated ginger**
- 4 tps. pre-flaked katsuobushi**
- 4 tps. green onion, finely chopped**

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In small saucepan, combine all ingredients for sauce and bring to boil. Divide this sauce among four individual serving bowls.

Pat tofu dry with paper towels. Coat with flour and deep fry in hot oil for 3 to 4 minutes, or until golden brown. Remove with slotted spoon and drain on paper towels.

Place one slice of the fried tofu in each bowl. Divide garnish ingredients and place on each tofu serving. Serve immediately. Serves 4.

Goes well with hot rice.

*Sanae Sugiyama
Long Beach, Calif.*

BROCCOLI SALAD

- 3 large stems broccoli**
- 1/2 to 3/4 lb. small shrimps
(depending on size)**

- 1/2 pkg. harusame**
- 1 piece ginger (according to taste)**

Boil broccoli in salted water. Split into "slim" pieces. Shell and devein shrimps. Boil quickly in well salted water. Cook harusame as directed on package. Cut ginger into very small strips. Soak in water for one minute — drain well. Cool ingredients, mix together and toss with dressing.

DRESSING:

- 4 tbsps. vinegar**
- 2 tbsps. sugar**
- 1 1/2 tsps. salt**
- 2 tbsps. salad oil (if you like sesame oil a couple of "drops" can be added)**
- pepper**
- MSG (optional)**

Mix well and toss with broccoli, etc. Serves 4.

Haru Nakata
Auxiliary

199

CHIGIRI KONNYAKU NO TOGARASHI
(Tuber Root Cake with Pepper)

- 3 pieces konnyaku, tear in 1 inch bite-size pieces**
- 1/2 lb. ground beef**
- 2 chili peppers, dried**
- 2 tbsps. dashi**
- 2 tbsps. shoyu**
- 1 tbsp. mirin**
- 1 tsp. sugar (optional)**

Brown ground beef and drain excess oil. Add konnyaku and saute well. Remove seed from chili peppers and chop fine. Add chili peppers and rest of the ingredients. Cook on low heat until well seasoned. Serves 4.

Kimiyo Sakaniwa
Auxiliary

CUCUMBER SALAD

- 2 cucumbers, peeled and sliced
- 2 tbsps. green onion, chopped
- 1 small can chopped clams, drained well

Mix together:

- 2 tbsps. sugar
- 2 tbsps. miso
- 2 tbsps. black sesame seeds, toasted
- 3 tbsps. Japanese vinegar
- MSG (optional)

Toss all ingredients together just before serving. Serves 4.

Hisako Terasaki
West Los Angeles, Calif.

EGGPLANT WITH SOBORO SAUCE

200

- 1 small eggplant, about 1 lb., or
cut a large eggplant in half
- 1/2 cup salad oil (peanut oil preferred)
- 1/4 cup soy sauce
- 1/4 cup sake or sherry
- 1 1/2 tbsps. sugar
- 1 tbsp. cornstarch
- 1/2 lb. ground chicken meat
- MSG (optional)

Slice the eggplant lengthwise into inch thick slices, then slice the pieces crosswise into 2 inch pieces.

Saute eggplant in a heated heavy frying pan with 1/8 inch oil. Cook until tender.

In another pan, mix soy sauce, sake, sugar and cook to boiling. Dissolve cornstarch in a small amount of water and add to the mixture when it boils. Add the ground chicken meat and stir until sauce is thick. Pour sauce over the eggplant and serve. Serves 4.

Horikawa Restaurant
Los Angeles, Calif.

KIM CHEE (Chinese Cabbage) #1

- 2 lbs. Chinese cabbage, cut 2 inches in length**
- 1 cup salt water (1 cup water,
add 2 tbsps. salt and mix)**
- 1 garlic clove, crushed**
- 1½ tps. ginger, crushed**
- 1 stalk green onion, sliced
thin diagonally**
- 2 tps. salt**
- 3 tps. ground red hot pepper**
- ½ tsp. Silkochu (remove seed from hot
pepper, then sliced very thin like thread)
(Ground hot pepper and Silkochu can be
purchased from Korean grocery store)**
- ¼ tsp. MSG (optional)**

Slice cabbage, put in large bowl, pour 1 cup salt water and let it stand for about 10 hours. Drain and rinse.

Mix all ingredients together in large bowl. Taste a small piece of Chinese cabbage and adjust according to your taste the salt, ground red hot pepper and Silkochu. Put in a glass jar, press down firmly, and cover tightly. Leave it for 1 or 2 days at room temperature. Usually, one day for summer and two days for winter at room temperature will be sufficient. Then keep it refrigerated.

201

Tammy Park
Los Angeles, Calif.

DAIKON KIM CHEE #2

- 3 pieces daikon (medium size)
sliced about 2 by ½ inch**
- 3 tbsps. salt**
- 1 stalk green onion, cut about
2 inches in length**
- 2 garlic cloves**
- 5 small slices, ginger root**

- 3 pieces whole dried red hot pepper**
- 1 tsp. MSG (optional)**
- 1 tsp. salt**

Sprinkle salt on sliced daikon in a one-gallon glass jar, and mix well. Leave it at room temperature overnight. Add green onion, ginger, garlic, red pepper and MSG. Fill jar with water to $\frac{3}{4}$ full. Add 1 tsp. salt. Taste the water and adjust the amount of salt according to your taste. Cover the top and leave it for 1 or 2 days at room temperature. Fermentation will take place at room temperature. Usually, one day for summer and two days for winter should be sufficient. Then keep it refrigerated.

Tammy Park
Los Angeles, Calif.

NAMASU (Pickled Vegetables)

202

DRESSING:

- $\frac{2}{3}$ cup white goma (toasted)**
- $\frac{3}{4}$ cup sugar**
- $\frac{1}{2}$ cup vinegar**
- 1 tbsp. MSG (optional)**
- 1 tbsp. salt**

Combine above ingredients, bring to a boil, cool.

- 2 large white radishes, shredded**
- 1 carrot, shredded**
- 4 age, boiled, cut in half and slice thinly**
- $\frac{1}{2}$ cup kiri kombo (soak in water to wash out the sand)**

Combine kombu, vegetables and age in saucepan, then cook for a few minutes over high heat, stirring constantly. Remove from heat and cool.

Put vegetable mixture in collander and squeeze out excess liquid, add to the vinegar-goma dressing. Refrigerate several hours before serving.

Kei Hankawa
Auxiliary

NASU NO AGE DEN GAKU (Fried Eggplant with Miso)

- 3 or 4 Japanese eggplant**
- 2 tbsps. miso**
- 3 tbsps. sugar**
- 1 tbsp. sake**
- 2 tbsps. dashi (soup stock)**
- 2 tsps. mirin**
- 1 egg yolk, slightly beaten**
- 2 tbsps. black sesame seeds,
toasted and ground**
- 1 tsp. white sesame seeds, toasted**

203

Slice off bottom and top of eggplant and discard. Soak in salt water for 10 minutes. Drain and wipe. Slice eggplant in 2 inch slices. Cut skin slightly around the edges. Fry eggplant in oil, 170°.

Mix ingredients of the sauce and cook over slow heat. Mix in the egg yolk and black sesame seeds, pour the sauce on top of the eggplant, sprinkle with white sesame seeds.

Kimiyo Sakaniwa
Auxiliary

NI-NAMASU (Cooked Pickled Vegetables)

- 2 large daikon
- 1 medium carrot
- 1 tbsp. salt
- 3 abura age
- 2 tbsps. kiri kombu (optional)
- $\frac{1}{3}$ cup white sesame seeds
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup white vinegar
- 1 tbsp. MSG (optional)

Peel and shred daikon into toothpick size. ("Benriner", name of shredder, very good.) Should be about 2 lbs. of shredded daikon.

Peel and shred carrots, same as daikon.

Open abura age into one flat piece. Cut into small strips, about 2 inches long. Add enough water to cover and cook 3 minutes.

Drain and remove excess oily water.

Cook kiri kombu for 5 minutes and cut into 1 inch lengths.

Toast goma and grind in suribachi. Add sugar, vinegar, MSG and set aside.

In a large pan or dish pan, place the vegetables, abura age, salt, and kiri gombu. Put the pan on stove and mix. When lukewarm, about 2 minutes, immediately remove from heat. Then squeeze lightly to remove most of the water (not too dry).

Return the vegetables to the pan and add sesame seed mixture. Heat vegetables again for about 1 minute. Remove from heat and cool.

Makes 4 cups.

This Ni-namasu will keep for weeks in a covered container in the refrigerator.

Mae Sakaguchi
Turlock, Calif.

RENKON WITH UMEBOSHI AE (Lotus Root with Pickled Plum Sauce)

- 1/2 lb. fresh renkon, peeled**
- 4 tbsps. vinegar**

Mix together:

- 3 pieces umeboshi, take seed out and mash**
- 2 tbsps. sugar**
- 2 tbsps. sake**
- MSG (optional)**

Slice renkon very thin and soak in water with 2 tbsps. of the vinegar for 5 minutes. Drain.

Boil 3 cups water and add the other 2 tbsps. vinegar, then put renkon to blanch for one minute. Drain the renkon and rinse with cold water.

Put renkon in the umeboshi mixture.

Depending on whether the umeboshi is very salty or mild, use sugar accordingly.

205

Kimiyo Sakaniwa
Auxiliary

SAIFUN WITH TOMATO

- 1 pkg. 8-oz. saifun
- 1 fryer chicken or 2 lb. pork butt
- 2 stalks celery, sliced diagonally
- 1 large onion, sliced
- 1 green pepper, sliced
- 1 can (2 lb.) whole tomatoes
- sesame oil or peanut oil
- 2 tsps. sugar
- 3 tbsps. shoyu
- ½ tsp. MSG (optional)

Put saifun in boiling water, leave it in 5 minutes. Drain and cut through several times.

In meantime, cut pork or chicken into small pieces. Saute in peanut or sesame oil, add celery, onion, green pepper and stir fry. Add sugar, shoyu and MSG (adjust the seasoning to taste). Cook 2 minutes then add tomatoes. As it starts to boil, add the saifun and simmer. Cook on low heat until liquid is absorbed.

Virginia Tominaga
Auxiliary

SANBAIZUKE (Pickled Vegetables) #1

- 1 small size daikon
- 4 nasu (Japanese eggplant)
- ½ head cabbage
- 1 green pepper
- 1 small onion
- 1 small clove garlic
- 4 or 5 red chili peppers
- 1 tsp. fresh ginger, grated
- ½ cup shoyu
- ½ cup sugar

- 2 tbsps. vinegar
- 1 lemon, juiced
- 2 tbsps. sake
- 1 tsp. MSG (optional)

Slice vegetables thin, lightly salt and leave overnight. Wash and squeeze out excess water. Combine last seven ingredients and bring to a boil. Add vegetables and cook until it comes to a boil. Cool and put in jars. Refrigerate.

Sae Isono
Santa Monica, Calif.

SANBAIZUKE (Pickled Vegetables) #2

- 2 cucumbers
- 2 eggplants (Japanese)
- 3 turnips
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup shoyu
- $\frac{1}{4}$ cup vinegar
- 1 tsp. ginger, slivered
- 1 tsp. sesame seeds
- 1 tsp. MSG (optional)

207

Use same method as above.

Joan Higashi
Pearl City, Oahu

SHIRA AE

- 1 cake tofu
- 6 age
- 2 pieces konnyaku
- 3 small carrots
- 5 tbsps. white sesame seeds, toasted
- 3 tbsps. sugar

- 1 tsp. salt**
- 1 cup chicken broth**
- MSG (optional)**

Wrap tofu in a clean cloth and squeeze out water. Refrigerate.

Soak age in boiling water for a few minutes and throw away oily water. Cook konnyaku in salted boiling water for a few minutes and drain. Wash carrots and cut 2 inches long. Cook konnyaku, carrots and age in chicken broth until carrots get tender. Cool and cut them into small pieces.

Crush sesame seeds in "suribachi". Add sugar, salt and MSG. Crush in tofu and mix them well.

In a big bowl, mix tofu sauce and cooked vegetables.

Kiyoko Tawa
Los Angeles, Calif.

STUFFED TOFU (Bean Curd Cake)

208

- 1 tofu**
- 1/4 lb. ground pork**
- 4 shrimp (chopped fine)**
- 2 tbsps. bamboo shoots, chopped**
- 4 tbsps. water chestnuts, chopped**
- 1/4 tsp. salt**
- 1 green onion, chopped**

SEASONING:

- 1 cup dashi**
- 1/2 tsp. salt**
- 1/4 tsp. MSG (optional)**
- 1 tsp. soy sauce**
- 2 tbsps. cornstarch**

Mix all ingredients except tofu. Cut tofu into 4 slices then into 4 squares. Slit corner of each tofu and stuff with mixture. Arrange in pan. Mix seasonings except cornstarch, pour over tofu and simmer 15 minutes.

Remove the tofu onto serving dish. Add water to cornstarch to make paste, add to sauce. Cook until thickened and pour over tofu. Sprinkle with green onion. Serve hot.

Veronica Ohara
Auxiliary

TASTY TSUKEMONO (Pickled Vegetables)

- 1 cup miso**
- 1 cup sugar (or less to suit taste)**
- 1/2 cup beer**
- 1/3 cup salt**
- 1/4 cup white vinegar**
- MSG (optional)**

Mix together all the ingredients and leave overnight in refrigerator. Add cut up cucumbers, egg plants, celery, and other vegetables that one desires. Ready to serve after about 24 hours. Lightly squeeze excess liquid from vegetables and serve. Pickling mixture good for one month.

209

Kinu Shishido
West Los Angeles, Calif.

TORORO JIRU (Grated Mountain Yam)

- 6 inch long Yama Imo,**
approximately 2 1/2 inches in diameter
- 1 cup water**
- 1 cup vinegar**
- 1 egg**
- 1 sheet nori**
- 2 stalks green onion, minced**

DASHI:

- 1 cup prepared dashi**
- 1/2 tsp. salt**
- 1 tbsp. soy sauce**
- MSG (optional)**

Peel yam and soak in water and vinegar for 10 minutes. Cook dashi for a few minutes. Grate yam and grind well in a suribachi (corrugated bowl for grinding). Break egg into bowl and grind again. Add dashi, little at a time, mixing constantly for 5 minutes. Serve over hot rice in wooden soup bowl, topped with crumbled nori and minced green onions. Serves 4.

Toy Kanegai
Auxiliary

WATER CRESS SALAD (Oriental)

210

- 6 bunches water cress**
- 2 bunches green onion**
- 1/2 lb. bean sprouts**

SAUCE:

- 1/4 cup soy sauce**
- 1/4 cup Japanese rice vinegar (regular white vinegar is not satisfactory)**
- pinch of salt, pepper, and garlic salt**
- MSG (optional)**

Parboil water cress and bean sprouts, separately. Parboil just enough for them to be crunchy. Drain. Squeeze water out of the water cress. Cut in 3/4 inch segments. Combine with bean sprouts.

Prepare sauce and combine all ingredients. Chop up green onions and put into sauce. Pour sauce over water cress and bean sprouts just before serving. Serves 4.

Grace Nishizawa
Auxiliary

YAKI NASU KURUMI SU KAKE **(Boiled Eggplant with Walnuts)**

- 4 nasu (Japanese eggplant)**
- 1 oz. walnuts, crushed**
- 2 tbsps. sugar**
- 3 tbsps. vinegar**
- 1/2 tsp. salt**
- 1 tsp. shoyu**

Remove tops from eggplants. Broil for 10 minutes or until brown and soft. Dip the softened eggplants in cold water to remove skin. Cut lengthwise into 4 or 5 pieces. (If eggplants are very small, can be left in one piece.)

Combine remaining ingredients and add to crushed walnuts. Line the eggplants on a platter and pour sauce over eggplants. Serves 4.

Kimiyo Sakaniwa
Auxiliary

211

AMAZU NIKU DANGO (Meat Balls)

- 2 lbs. ground pork or beef**
- 4 tbsps. flour**
- 2 tps. shoyu**
- 1 tsp. juice of fresh ginger root**
- 4 eggs, slightly beaten**
- pinch of garlic powder**

Mix the above ingredients and make into meat balls, then deep fry.

SAUCE:

- 1 1/2 cups soup stock — dashi**
- 6 tbsps. shoyu**
- 6 tbsps. sugar**
- 3 tbsps. Japanese vinegar**

- 2½ tbsps. Katakuriko
(Japanese cornstarch)**
- 2 green onions, chopped**
- MSG (optional)**

Mix above ingredients except green onions and heat to boiling, stirring occasionally. Pour over meat balls. Sprinkle with green onions.

Jean Osugi
Auxiliary

BUL KOGI (Korean Meat Marinade)

- 1 tbsps. white vinegar**
- 2 tbsps. sesame oil**
- 2 tbsps. sesame seed, toasted and crushed**
- ¼ cup minced green onion**
- 1 tsp. minced garlic and/or ginger**
- 2 tbsps. sugar**
- 4 tbsps. soy sauce**

212

Above sufficient for 2 lbs. of meat. Marinate for 2 hours or more. Barbecue or broil meat. Slice and serve.

Fumi Tsuruda
West Los Angeles, Calif.

CHAP CHAE (Korean)

- 1 lb. very lean beef, cut in thin strips**
- ½ cup soy sauce**
- 3 green onions, chopped**
- sesame oil**
- 1 tbsps. sugar**
- dash of garlic powder**
- MSG (optional)**
- 1 bunch spinch (1 box frozen
spinach may be used)**

- 4 or 5 shiitake, soaked and sliced**
- 1 4-oz. pkg. bean threads (Saifun)**
- 2 carrots, cut in very thin strips**
salt
- 1 onion, cut in half lengthwise,**
then thinly sliced
- 5 green onions, cut in thin strips,**
1½ x 2 inches long
- 1 tbsp. toasted sesame seed**

Marinate meat strips in mixture of soy sauce, chopped green onions, 2 tbsps. sesame oil, sugar, garlic powder and MSG. Set aside.

Wash spinach, place in pan of boiling water and turn off heat immediately. Drain at once. Add the bean threads to boiling water and stir until softened. Drain and cut into 8 inch lengths.

Heat skillet and coat lightly with sesame oil. Add carrots, season to taste. Stir-fry until crisp-tender. Remove and place in large bowl. Using the same procedure as the carrots, stir-fry separately onions and sliced green onions, add to carrots, then stir-fry the sliced mushrooms and add to carrots and onion mixture. Drain meat, reserving marinade. Coat skillet with sesame oil then add meat, stir-fry until meat is cooked. Remove from skillet and set aside. Add more sesame oil to skillet, then bean threads and half the cooked meat. Add to the cooked vegetables mixing well and seasoning as needed. May use reserved marinade, add one tbsp. sesame oil, dash of MSG and toasted sesame seeds. Mix well. May be garnished with chopped green onions, kinshi tamago and pine nuts.

213

Frances Saito
Los Angeles, Calif.

CHA SHU

- 2 lbs. pork loin or shoulder, boned
- 1 piece ginger, crushed
- $\frac{3}{4}$ cup water
- 2 tbsps. shoyu
- 2 tsps. salt
- $\frac{1}{4}$ cup sugar
- 1 tbsp. sake
- dash of pepper
- red food coloring

Cut the pork into five or six long strips. Heat the remaining ingredients to the boiling point. Add the meat and boil 20 to 25 minutes with the pan covered, using a medium flame under the pan. Then remove the meat. There will be about 1 cup of liquid remaining.

To the liquid add:

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- 1 tbsp. sugar
- 1 tbsp. shoyu
- $\frac{1}{4}$ tsp. MSG (optional)

Boil this mixture down to $\frac{1}{2}$ cup liquid, using a large flame under the pan. Sauce will be of syrup-like consistency. Dip each strip of meat in this syrup. Then broil under the broiler, turning constantly. Dip the meat again in the syrup. Dry under the broiler and remove. Dip meat again in the syrup and cool. By this time, the syrup will be all used and have an appetizing color. This is a moist Cha Shu.

Amy Nakashima
Auxiliary

CHIRASHI SAIMIN

- 1 pkg. (7 oz.) saimin
- $\frac{1}{3}$ cup rice vinegar
- $\frac{1}{3}$ cup soy sauce
- 1 to 2 tbsps. sesame oil

- 1/2 lb. bean sprouts and/or string beans**
- 3 small sheets tamago-yaki**
- 1 small cucumber**
- 1/4 lb. cha shu or ham**
- 1/2 kamaboko**
- 1 can crab or shrimp (optional)**
- salt and pepper**
- MSG (optional)**

Cook saimin in boiling water five minutes. Rinse in cold water and drain well. Combine vinegar, soy sauce and sesame oil. Parboil bean sprouts and/or green beans sliced thin diagonally. Drain well. Arrange saimin and bean sprouts on platter and pour 1/2 of vinegar, soy sauce and sesame oil mixture and mix. Add salt, pepper and MSG to taste. Refrigerate until almost ready to serve. Meanwhile, cut tamago-yaki, cucumber, cha shu or ham, and kamaboko in thin strips. Arrange all of these together with the string beans, on top of the saimin, bean sprout mixture. A can of crab or shrimp may be added at this time. Pour remaining sauce over the platter. Makes a delicious hot weather dish. Serves 8 to 10.

215

Mitsu Sonoda
Auxiliary

CHOSEN YAKI NO TARE (Korean Teriyaki)

- 1 lb. Spencer steak or teriyaki beef sliced**
- 3 1/2 tbsps. shoyu**
- 2 tbsps. sugar**
- 1 tbsp. sesame oil**
- 1 tbsp. ground sesame seeds**
- pinch of pepper**
- 3 tbsps. green onions, minced**
- 1 small clove garlic, minced**
- 3 tbsps. sake**
- 1 or 2 chili pepper, crushed**

Mix all ingredients together and marinate the sliced meat for about 15 minutes. Broil or barbecue meat.

USE FOR DIP:

- 4 tbsps. shoyu**
- 1 tbsp. sesame oil**
- 3 tbsps. minced green onions**

Kimiyo Sakaniwa
Auxiliary

CHOW FUN

- 1 lb. pork, cut into small pieces**
oil
salt
- 1/2 lb. bean sprouts**
- 1 small can water chestnuts, sliced**
- 1 pkg. futonaga udon, cooked (wide noodles)**
- 4 or 5 green onions, slivered diagonally**

216

On high fire cook pork in a small amount of oil. Season with salt. Add bean sprouts and water chestnuts, turning once or twice. Add udon and green onions. Cook until heated, adding more salt, if needed.

Good for quick lunches. Above amounts can be varied if desired. Serves 6.

Marian Susuki
Auxiliary

GLAZED SPARE RIBS

- 1 tbsp. salt**
- 4 tbsps. sugar**
- 1 slab of spare ribs, 3 to 4 lbs.**
- 1 tbsp. hoi sin sauce**

2 tbsps. soy sauce

1 tbsp. ketchup

2 tbsps. honey

Mix salt and sugar together, rub in mixture on the spare ribs.
Bake in 350° oven for one hour.

Mix hoi sin sauce, soy sauce, ketchup and honey together and baste all of the sauce on the spare ribs on both sides. Bake in 325° oven for 10 to 15 minutes on each side until glazed. May be served hot or cold. Serves 4.

Grace Kataoka
Auxiliary

GROUND PORK WITH TOFU

oil

1 slice ginger

1 clove garlic, crushed

1/4 lb. ground pork

1 cup water or stock

1 cake tofu, cut into 1 inch pieces

cornstarch

1 stalk green onion, cut into

1/2 inch lengths

217

SEASONING:

Mix in a bowl the following ingredients:

1 tbsp. soy sauce

1 tsp. oyster sauce

1 tsp. salt

1/4 tsp. MSG (optional)

1 tsp. liquor or cooking sherry

salt to taste

Heat skillet, add oil. Brown ginger and garlic slightly; add pork and fry 1 minute. Add seasoning and saute for another minute. Add water; when mixture comes to a boil, add tofu, cook for 5 minutes. Thicken with a little cornstarch mixed with water, and add green onion.

Betty Sunahara
Culver City, Calif.

GYOZA YAKI (Pan Fried Won Ton)

- 1/2 lb. ground pork**
- 3 cabbage leaves**
- 2 green onions, chopped**
- 1 clove garlic, minced**
- 1/2 inch square piece ginger, grated**
- 2 tbsps. shoyu**
- 1/2 tsp. salt**
- 1 tbsp. sesame oil**
- MSG (optional)**
- 20 Won Ton skins — round kind**
- 2 tbsps. salad oil**

218

DIP:

- 2 tbsps. dry mustard**
- 2 tbsps. vinegar**
- 2 tbsps. shoyu**
- MSG (optional)**

Boil cabbage slightly, then chop finely. Combine seasonings into the ground pork, then mix together. Put meat mixture into individual Won Ton skin, then fold in half and pinch the edges together. Add 2 tbsps. salad oil into frying pan. Line the filled Won Ton in the pan with the pleated area on top. Cover and cook with medium heat for 5 minutes. Add hot water to cover all Gyoza and cook until the water disappears. Serve with dip.

Kimiyo Sakaniwa
Auxiliary

HAWAIIAN CHINESE SPARERIBS

- 2 to 3 lbs. spareribs
- 1 clove garlic, grated
- 1 small piece ginger

Parboil cut ribs with grated garlic and grated ginger in water for about 20 minutes. Turn off the heat and let stand for 2 hours or more. (The longer it is left in water the more tender.) Drain and roast in oven 325° to 350° until brown. Brush frequently with sauce. Bake about 45 minutes.

SAUCE:

- 1 tbsp. Hoi Sin Sauce
- 1 tbsp. shoyu
- 1/2 cup sugar
- 1/2 bottle (14 oz.) ketchup
- salt

219

Mix all ingredients.

Betty Sato
Sun Valley, Calif.

BEACHCOMBER SPARERIBS

VARIATION:

Sauce #2

- 1 clove garlic
- 1/4 cup wine
- 1 tbsp. grated ginger
- 1/2 cup shoyu
- 3/4 cup sugar
- 1/2 cup catsup
- 1 tsp. salt

Joan Higashi
Pearl City, Oahu

HAWAIIAN SPARERIBS

- 5 lbs. regular spare ribs
- water
- 2 tsps. Italian seasoning
- 1 small onion, chopped coarsely
- 1/2 cup white wine vinegar
- 1/4 cup soy sauce
- 1/2 cup brown sugar, firmly packed
- 1 clove garlic, minced
- 1/4 tsp. ground ginger
- 1 can #211 pineapple chunks
- 1 tbsp. cornstarch

220

Place spareribs in large pot. Cover with water and add Italian dressing and onion. Bring to boil and simmer for one hour. Drain. Place ribs in a single layer in a pan. Combine in saucepan, vinegar, soy sauce, brown sugar, garlic, ginger and the pineapple juice mixed with cornstarch. Bring to a boil and stir until thickened. Pour over ribs and bake uncovered 375° oven for 30 minutes. Add pineapple chunks last five minutes.

Miye Yoshida
Auxiliary

HIKINIKU DOFU DONBURI (Hamburger and Bean Cake in a Bowl)

- 1 lb. ground beef
- 1 small onion chopped
- 1 tofu, well drained
- 1/4 tsp. salt
- 1 tsp. MSG (optional)
- 1/3 cup soy sauce
- 3 tbsps. mirin
- 1/2 cup chopped green onion
- 2 tsps. cornstarch and 2 tbsps. water, mix together

Season with chili pepper or shichimi togarashi. 6 donburi of hot rice.

Wrap tofu with a cloth and squeeze out excess water and set aside. Saute meat, onion until meat is crumbled and brown. Add tofu, salt, MSG, soy sauce and mirin. Cook and stir well until tofu is crumbled. Add green onions and mix well. Add cornstarch which has been dissolved with water. Stir well and simmer until thickened. Pour tofu mixture on top of the rice, cover and serve at once. May sprinkle seasoning to taste. Serve with tsukemono. Serves 6.

Samie Matsui
West Los Angeles, Calif.

HOM YU

- 2 lbs. ground pork with some fat**
- 3 squares funyu**
- 2 tbsps. sesame seed oil**
- 5 tbsps. cornstarch**
- 1/2 tsp. garlic salt**
- 1/4 cup water**
- 1 tsp. MSG (optional)**
- 1 piece hom yu fish**

221

Combine all ingredients except hom yu fish and mix together until well blended. Flatten mixture out to about 1 inch thick patty in a pyrex pie plate. Place fish on top. Steam for 45 minutes.

Serve with hot mustard.

Kimi Sugiyama
Long Beach, Calif.

MALAYSIAN CHINESE PORK CHOPS

4 pieces pork chop

MARINADE:

2 tbsps. sugar
1 tbsp. light soy sauce
1 tsp. dark soy sauce
 $\frac{3}{4}$ tbsp. Hoi Sin Sauce
1 or $1\frac{1}{2}$ tbsps. sake
 $\frac{3}{4}$ tbsp. sesame oil
pinch of salt
dash of pepper
dash of garlic powder
dash of ginger powder
 $\frac{1}{8}$ or $\frac{1}{4}$ tsp. cinnamon
1 or $1\frac{1}{2}$ tps. cornstarch

222

Mix ingredients together for marinade. Marinade the pork chops overnight. Bake in preheated oven 350° for 30 minutes. Turn over. Broil to get even browning before serving.

Garnish with some lettuce, sliced tomatoes, cucumber before serving.

May F. Tie
Kuala Lumpur, Malaysia

NABEMONO (Pork and Vegetables)

$\frac{1}{2}$ medium sized Chinese cabbage
1 bunch spinach
1 small head cauliflower
1 tbsp. flour
3 cups water
 $1\frac{1}{4}$ lbs. side of pork, thinly sliced
3 cups soup stock (see basic soup stock)
1 cup sake

SAUCE:

lemon
vinegar
soy sauce
MSG (optional)

Clean Chinese cabbage, carefully removing all dirt, and cut into chunks, about 2 inches long. Clean spinach and cut into same length or little longer. Wash cauliflower and break into bite-size pieces. Fill pan with water; add flour and heat, and add cauliflower and boil until soft. Remove from heat and wash away the residue with tap water.

Make soup stock and add sake. Into a pot, preferably ceramic, place meat and vegetables and pour in soup and sake, enough to cover ingredients. Use a hot plate to cook the meat and vegetables at the table. Use medium heat.

Prepare the sauce and place in four dishes, one for each person, and they can all help themselves to whatever they like.

Instead of the ingredients listed above, whitefish, shellfish, tofu, or anything you wish may be used. Serves 4.

223

Edith Yamamoto
West Los Angeles, Calif.

ORIENTAL MEAT PATTIES

- 1 lb. ground round beef**
- 1/4 cup finely chopped dry onion**
- 1/4 cup finely chopped celery**
- 1/4 cup finely chopped green pepper**
- 1 clove garlic, minced**
- 1 slice bread**
- 3 tbsps. milk to moisten bread**
- 2 tbsps. miso**
- 1/4 tsp. MSG (optional)**
- 1 egg**

Knead together all ingredients and make patties. Cook covered in lightly greased skillet, slowly on moderately low fire (as miso tends to get thick and sticky when cooked too rapidly.) Turn patties when browned and finish browning other side. Takes approximately 30 minutes. Serves 4.

Goes well with rice.

Martha Morooka
Long Beach, Calif.

PEPPER STEAK

224

- 2 lbs. sliced beef, top sirloin**
- oil**
- 1 clove garlic, crushed**
- 1/2 tsp. salt**
- dash of pepper**
- 1/2 tsp. ginger, grated**
- 1 tsp. sugar**
- 1/2 cup water**
- 1/4 cup soy sauce**
- 2 green peppers, cut in chunks**
- 1 lb. bean sprouts**
- 1 medium onion, chopped**
- 4 medium tomatoes, quartered**
- 2 tbsps. cornstarch**
- 1/4 cup water**

Cut steak into strips. Brown on all sides in hot oil. Add garlic, salt, pepper, ginger and sugar. Cover and cook over low heat for 20 minutes. Push meat to the side of skillet. Add soy sauce, peppers, bean sprouts and onion. Cover and cook 5 minutes. Move meat and vegetables away from center of skillet. Add tomatoes and cook covered for 5 minutes more. Make a smooth paste of cornstarch and water. Add to hot mixture and stir. Serves 6 to 8.

Mae Kakehashi
Los Angeles, Calif.

RICE MEAT BALLS

- 1/2 cup mochi rice**
- 1/2 lb. lean ground beef or pork**
- 4 or 5 pieces shiitake (soak and chop)**
- 1/3 cup chicken broth**
- 4 pieces water chestnuts, chopped**
- 1/2 tbsp. soy sauce**
- 1/2 tsp. salt**
- 1/2 tsp. sugar**
- 1/8 tsp. pepper**
- 1 tbsp. cornstarch**
- 1 tbsp. sherry**
- 1 egg, lightly beaten**
- 1 green onion, finely chopped**
- 1 tsp. finely chopped fresh ginger**

Presoak the mochi rice in one cup of water for 1½ hours. Drain and spread the rice on a cloth and let it dry.

225

Combine the remaining ingredients into 1½ inch size balls. Roll the meat balls into spreaded rice. Steam meat balls for 30 minutes.

Grace Kataoka
Auxiliary

SHABU SHABU

- 10 cups water**
- 1 5 inch square kombu**

Arrange attractively on a large platter:

- 2 lbs. sukiyaki meat**
- 2 pkgs. soft shirataki**
- 1/2 bunch nappa**
- 1 bunch spinach**

- 8 pieces shiitake (pre-soaked)**
- 6 stalks green onion**
- 1 bunch mitsuba**

Use Dutch oven electric pan at 400°. Put kombu in the water and when it comes to a boil lower the heat to 300° and add part of the ingredients. Cook until done 3 to 4 minutes.

Serve from the center of the table family style. Continue to add ingredients as needed.

SAUCE FOR THE SHABU DIP:

- 1 cup shoyu**
- 1/2 cup mirin or dry sherry**
- 1/4 cup sake**
- 1/4 cup beef broth**
- 1/4 cup goma**
- 1/2 cup mayonnaise**
- 1/4 tsp. MSG (optional)**

226

Combine all ingredients in a blender and blend well. Serves 6.

Sako Asawa
Auxiliary

SHREDDED BEEF WITH GREEN PEPPER

- 1 cup beef steak, sliced thin**
- salt and pepper (to taste)**
- 1 tbsp. cooking cherry**
- 1 tsp. cornstarch**
- 2 tbsps. vegetable oil**
- 1/2 cup thinly sliced bamboo shoots**
- 1 cup thinly sliced green pepper**
- 1/2 cup thinly sliced pimienta**
- 1 tbsp. soy sauce**
- 1/4 tbsp. sugar**

1/2 tsp. salt

1/2 cup sliced scallions or leeks

Mix beef with salt, pepper, sherry and cornstarch. Heat oil and saute bamboo shoots, green pepper and pimento, adding soy sauce, sugar and salt, for 2 minutes. Remove from pan.

Heat 2 tbsps. oil in same pan. Saute scallions and beef until beef changes color. Add cooked vegetables and mix well. Remove to heated plate.

Miwa Goka
Auxiliary

SUKIYAKI ROLL

VARIATION #1:

1 lb. sukiyaki meat

1/4 lb. fresh green beans

2 fresh carrots

2 takenoko (medium size)

1 cup shoyu

2/3 cup sugar

1 clove garlic, crushed

1/2 tsp. grated ginger

salt and pepper

227

Parboil beans in salted water (beans are left long). Cut carrots lengthwise in quarters or in sixths, depending on the size of carrots. Also, cut takenoko lengthwise in slices. Parboil these also in salted water. Combine shoyu, sugar, garlic, and ginger. Place meat a slice at a time in shoyu mixture. Remove meat from sauce and on the meat slice place beans, carrots, and takenoko. Sprinkle with salt and pepper. Roll diagonally, 2-inch thickness. Continue until all meat is rolled. Broil on barbecue or charcoal.

The amount of carrots, beans, takenoko depends upon number of slices of meat.

Shizu Kato
Los Angeles, Calif.

TERI 'N ASPARAGUS

VARIATION #2:

- 1 bunch asparagus**
- 1½ lb. sukiyaki meat**
- Teriyaki sauce**
- toasted sesame seeds**

Boil asparagus in salted boiling water until medium cooked. Take asparagus and cut in half. With two slices of sukiyaki meat, dip in teriyaki sauce and place around 3 or 4 stalks of asparagus and roll meat around it. When all the pieces have been dipped and wrapped, broil slightly on each side. Sprinkle with toasted white sesame seed when turning meat.

TERIYAKI SAUCE:

- ½ cup sugar**
- ½ cup soy sauce**
- ½ cup sake**
- 1 clove garlic**
- dash of white pepper**
- dash of salt**
- MSG (optional)**

228

VARIATIONS:

Julienne-cut carrots, string beans, or gobo parboiled in dashi may be used in place of asparagus.

Kimiyo Sakaniwa
Auxiliary

SWEET AND SOUR SPARERIBS

- 3 to 4 lbs. small spareribs**
- 1 cup vinegar**
- clove of garlic**
- ½ cup cornstarch**

- 1/2 cup shoyu**
- oil for frying**
- 1 cup sugar**
- 1 cup vinegar**
- 1 medium size can pineapple bits**
- 1 green pepper, 1 inch squares**
- 1 stalk of celery, sliced**

Cut spareribs into 1 to 1½ inch lengths. Use large sauce pan and add spareribs with enough water to cover. Add 1 cup vinegar. Boil for 10 to 15 minutes. Drain well and let meat cool. Grate garlic, add to shoyu and cornstarch and mix together in a bowl. Dip handful of spareribs in this mixture. Deep fat fry until golden brown. Drain. In large frying pan, add sugar, vinegar, and liquid from medium size can of pineapple bits. Add spareribs and simmer for 45 minutes with cover. Add pineapple, green pepper and celery, stir and heat for a few minutes before serving.

Toshiko Nakashima
Auxiliary

229

TAN CHOW (Steamed Egg Rolls)

- 3 eggs**
- 1 tbsp. cornstarch**
- 1/2 tsp. salt**
- 1/2 lb. ground pork**
- 1 can (7¾ oz.) crab meat**
- 1 tsp. juice of ginger**
- 1 tbsp. cornstarch**
- 1/2 tsp. salt**
- 2 tsps. sake**
- 1 egg white**
- 1/2 tsp. MSG (optional)**
- 2 tbsps. chopped onion**

Mix 1 tbsp. cornstarch, 1/2 tsp. salt, with 3 tbsps. water. Beat one egg and add 1 tbsp. of the cornstarch mixture. Heat a heavy skillet

and lightly oil. Fry the egg mixture over moderate heat. Follow the same procedure with the other two eggs. This will make three egg skins.

Combine the pork and crab in a bowl and mix. Add the remaining ingredients and mix again. Divide this mixture in thirds.

Lightly sprinkle the egg skin with cornstarch. Spread one-third of the pork/crab mixture on the egg skin. Roll. Seal the edge with water. Steam the three egg rolls for 20 minutes.

Kimiyo Sakaniwa
Auxiliary

TOMATO AND BEEF (Chinese)

230

- 1/2 lb. lean beef**
- 1 tsp. cornstarch**
- 1/2 tsp. salt**
- 1/2 tsp. sugar**
- 1/2 tsp. black pepper**
- 3 tbsps. vegetable oil**
- 1 small onion, cut in wedges**
- 1 small green pepper, remove seeds, cut in triangles or squares**
- 2 large tomatoes, cut in wedges**
- 1 clove garlic, crushed**
- 2 tbsps. cornstarch mix with**
1/2 cup water

Slice beef across grain in thin slices. Add to beef 1 tsp. cornstarch, salt, sugar, black pepper and 1 tbsp. oil. In a skillet, add remaining 2 tbsps. oil and saute onion for 1 minute. Add green peppers and tomatoes and saute for another minute. Remove to serving dish. In same skillet, saute garlic and beef for 1 minute. Return vegetables to skillet with beef. Add cornstarch mixture to juice in skillet and cook until thickens.

VARIATION:

For tomato curry beef, add 1 tsp. curry powder and 1 tbsp. sugar to above recipe before adding cornstarch mixture.

Amy Nakashima
Auxiliary

TOMATO PEPPER STEAK

- 1/4 cup soy sauce**
- 1 tsp. sugar**
- 1 lb. sirloin, cut in thin diagonal slices**
- 1/4 cup oil**
- 1/2 tsp. ginger, grated**
- 1 clove garlic, sliced thin**
- 2 large tomatoes, cut into 1 inch cubes**
- 1 tbsp. cornstarch**
- 1 cup water**

Pour soy sauce and sugar over meat and marinate 1/2 hour. Heat oil in heavy skillet. Add ginger and garlic and cook 2 or 3 minutes. Discard garlic. Add meat and liquid and saute about 5 minutes. Add tomatoes and pepper and cornstarch blended with water. Cook gently about 5 minutes. Serves 4.

Goes well with rice.

231

*Lonnie Burrows
Los Angeles, Calif.*

CHICKEN AND CUCUMBER NO GOMA SU AI (With Sesame Seed Sauce Mixture)

- 1/4 lb. chicken breast**
- 2 medium cucumber**
- 1 stalk green onion**
- 1 1/2 tbsps. white sesame seeds, toasted**
- 1 tsp. dry mustard**
- 1 tsp. water**
- 1 1/2 tbsps. shoyu**
- 1 tbsp. vinegar**
- salt**
- MSG (optional)**

Boil chicken until tender. Shred. Julienne the cucumber, sprinkle with salt. Chop green onion. Grind sesame seeds and add the mustard which has been mixed with 1 tsp. water. Combine shoyu, vinegar and MSG. Add to sesame seeds.

Toss chicken, cucumber and green onion with sesame seed sauce mixture.

Sako Asawa
Auxiliary

CHICKEN AND PORK ADOBO (Filipino)

- 2 lbs. lean pork, cut 2 inches long and 1½ inches thick**
- 1 medium-sized, lean chicken, cut up**
- 1 head garlic, crushed**
- ½ cup soy sauce**
- 1 tsp. black pepper**
- 3 cups water**
- 1 cup vinegar**
- 1 onion, quartered**
- 2 bay leaves**
- 1 tbsp. cooking oil**

232

Place cut pork and chicken into a large saucepan. Add vinegar, garlic, pepper, soy sauce, onion, bay leaves and water. Bring mixture to boil. After the boiling point has been reached, lower the heat and cover. Cook slowly until most of the sauce has evaporated.

When meat is tender, drain the sauce and save for later. Discard bay leaves. Saute chicken, pork, and onion in 1 tbsp. cooking oil until brown. Add the sauce and let simmer for 5 minutes longer. Serve hot. Serves 10 to 12.

Frances Saito
Los Angeles, Calif.

CHICKEN MIZUTAKI

- 8 cups water
- 1 medium size fryer, cut up
- 1/2 inch square fresh ginger
- salt to taste
- 1 cake tofu, cut into 1 inch cubes
- 1/2 head Chinese cabbage,
cut into 1 inch slices
- 10 pieces of shiitake, softened
and cut in half
- 1/2 bunch spinach (optional)
- 4 to 6 stalks green onion

SAUCE FOR DIP — 4 SERVINGS:

- 4 tbsps. shoyu
- 4 tbsps. lemon juice
- 2 tbsps. grated daikon
- red pepper
- MSG (optional)

233

Put water in an electric Dutch oven pan at 400° (without cover) and add ginger, salt and chicken. Slowly bring to a boil. Scoop any residue off and simmer for 1/2 hour. Add vegetables and tofu and cook 5 minutes. The remaining soup may be served in a bowl.

Toy Kanegai
Auxiliary

CHICKEN ON A STICK (Kushi Katsu)

- 6 pieces chicken breast
- 2 green peppers, cut in bite size pieces
- 1 Spanish onion, cut in bite size pieces
- Water chestnuts, sliced
- Pan Ko (Japanese bread crumbs)
- Teriyaki sticks (short ones)

BATTER MIXTURE:

- 2 eggs, well beaten
- $\frac{3}{4}$ cup flour
- 1 cup water

SAUCE:

- $\frac{1}{4}$ cup sake or mirin
- $\frac{1}{2}$ cup Ikari sauce
- 1 tsp. MSG (optional)
- (heat ingredients)

234

Debone chicken and cut in cubes. Skewer water chestnuts, pepper, onion, chicken, alternately on stick.

1. Roll stick in flour, coating it well, dip in well beaten egg or dip in batter mixture.
2. Roll in Pan Ko.
3. Deep fry.
4. Roll in sauce or brush on. Best to dip.

Sumi Terasawa
West Los Angeles, Calif.

CHICKEN-POTATO

- $1\frac{1}{2}$ cups chicken breast (boneless) ground
- 5 medium white potatoes, peeled and quartered
- 1 tsp. fresh ginger, finely chopped

- 1 cube chicken bouillon**
- 2 tbsps. sake**
- 3 tbsps. soy sauce**
- 2½ tbsps. sugar**
- 2 tsps. cornstarch or katakuri,
mix with 2 tbsps. water**
- ½ pkg. frozen green peas**

Soak potatoes in water for one hour.

Mix together ground chicken, ginger, sake, soy sauce and sugar, and saute until the meat separates. Add the potatoes and cover with water. Add the bouillon. Cook until the potatoes are done. Add cornstarch mixture and cook few minutes until thickened. Sprinkle with cooked green peas before serving. Serves 6 as a side dish.

Sako Asawa
Auxiliary

CHINESE CHICKEN SALAD

235

- 4 breasts of chicken, boiled and sliced**
- ¼ or ½ pkg. wonton skins, cut in thin
strips and deep fried**
- 1 small head of lettuce, thinly sliced**
- 4 green onions, thinly sliced**
- 2 tbsps. white sesame seeds, toasted**
- 2 tbsps. toasted, slivered almonds**

Place sliced lettuce in salad bowl, then the wonton skins. Add sliced chicken and pour sweet and sour sauce over. Toss gently, add green onions, sesame seeds and almonds. Serve immediately.

SWEET AND SOUR SAUCE:

Combine following ingredients and simmer for a few minutes until thick and clear.

- ¼ cup vinegar**
- ¼ cup water**

- 1/4 cup catsup**
- 6 tbsps. sugar**
- 1 tbsp. soy sauce**
- 1 tbsp. cornstarch mixed
with 2 tbsps. water**

Toshie Setoguchi
Torrance, Calif.

EAST WEST CHICKEN — SWEET AND SOUR

- 4 chicken breasts, thighs or legs**
- 1/2 cup soy sauce**
- 1/4 cup lemon juice**
- 1/4 tsp. pepper**
- 1/2 cup sugar**
- 1/2 tsp. ground ginger**
- 1 tsp. garlic powder**
- 1 tsp. MSG (optional)**

236

Place chicken parts in bottom of foil lined 9 x 13 inch pan. Mix all other ingredients together in measuring container or in covered jar. Shake well to mix. Pour over chicken. Allow to marinate at least 3 hours or overnight. Bake in 350° oven for 1 1/2 hours, covered with foil. Remove foil and bake 1/2 hour longer or until browned. Serves 4.

Mollie Pier
Sherman Oaks, Calif.

GOMOKU SOMEN

- 3 bundles somen (thin noodles)
- 8 shrimp
- 1/2 lb. chicken, cooked and shredded
- 3 dried mushrooms (Shiitake)
- 1/2 cup water (used to soak mushrooms)
- 3/4 tsp. sugar
- 2 tsps. shoyu
- 1 egg
- 1/8 tsp. sugar
- 2 pinches of salt
- 1 green onion

SAUCE:

- 1 cup water
- 5 tbsps. shoyu
- 5 tbsps. mirin
- 1 tsp. dashi no moto

237

Boil water in a large pot and add somen. When it begins to boil, add 1/2 cup water. Continue to boil until cooked (about 3 minutes.) Transfer the somen into a collander and run cold water over it. Wash gently and drain well. Clean, devein and cook shrimp in salted water, set aside. Combine sugar, shoyu, water and mushrooms and cook for 5 minutes. Remove mushrooms and set aside. Beat together egg, sugar, salt and pour into a large oiled frying pan. Fry into a thin sheet. Slice into narrow strips. Combine ingredients to make sauce. Heat for 1 or 2 minutes, and cool in refrigerator. Place drained ice cold somen in a bowl. Add sauce and garnish with shrimp, chicken, mushrooms, egg and chopped onions. Serve cold. Refreshing on a hot day.

Veronica Ohara
Auxiliary

HAWAIIAN CHICKEN ALMOND

- 2 cups finely sliced raw breast of chicken
- 4 tbsps. peanut or salad oil
- 2 cups diced bamboo shoots
- 2 cups diced bok choy (Chinese greens)
- 1 cup sliced water chestnuts
- 1/2 cup blanched almonds
- 2 tbsps. soy sauce
- salt to taste
- MSG (optional)
- 3 cups chicken stock
- 4 tbsps. cornstarch
- 2/3 cup cold water

238

Fry chicken in pre-heated large, heavy pan, add rest of ingredients except cornstarch and water and mix thoroughly. Cover and steam 5 minutes, then remove lid and thicken mixture with cornstarch, blended with water, stirring constantly. Serve immediately, garnished with extra almonds.

Note: High heat and quick stirring are essential. The secret is to avoid overcooking. Serves 4.

Amy Nakashima
Auxiliary

HOISIN YAKI TORI

- 1/4 cup Hoisin sauce**
- 3 tbsps. brown sugar**
- 3 tbsps. shoyu sauce**
- 1/2 tsp. MSG (optional)**
- 1 tsp. fresh ginger, grated**
- 1 chicken (2 to 3 lbs.) cut into pieces**

Mix first five ingredients together. Salt the chicken lightly then bake 35 minutes in 350° oven then dip or mix the chicken in the above prepared sauce; continue to bake in same temperature oven until done. (Approximately 20 to 25 minutes.)

Pork rib or pork roast may be substituted for the chicken.

Nancy Shimotsu
West Los Angeles, Calif.

KOREAN CHICKEN BREASTS

239

- 3 chicken breasts**
- 1/2 cup soy sauce**
- 1/3 cup sugar**
- 1/4 cup sake**
- 2 tsps. grated fresh ginger**
- 3 stalks green onions, chopped**
- 2 eggs, well beaten**
- flour**

Split chicken breasts in two. Remove bones. Place chicken between 2 pieces of wax paper and flatten with mallet or rolling pin until about 1/4 to 3/8 inch thick. Make teriyaki sauce by combining soy sauce, sugar, sake and ginger. Marinate chicken breasts in sauce for about 20 to 30 minutes. Beat eggs well and add finely chopped green onions. Dip marinated chicken breasts into flour and then in beaten eggs and green onion mixture. Fry quickly in vegetable oil. Serves 6.

Chieko Inouye
Auxiliary

KOREAN CHOW MEIN

- 1 pkg. Gold Dragon egg noodles
sesame seed oil
- 4 chicken breasts, cut in small pieces
salt
pepper
MSG (optional)
- 1 medium dry onion, chopped
- 1 cup celery, chopped
- 1½ lbs. bean sprouts, wash in hot water
and leave soaking in the hot water
for a short time, drain
- 4 eggs, make omelet and chop up
- ½ lb. sandwich ham, chopped
- 2 stalks green onions,
chopped or slivered

240

Break noodles in one-third lengths and boil in salted water. Drain, pour sesame oil in pan and fry noodles. Fry cut up chicken in sesame oil. Add salt, pepper and MSG to season. Saute onion and celery, adding salt and pepper to taste. Add bean sprouts, and when just warmed, add chicken and egg. Save some of the egg for top of chow mein. Add ham, noodles and fry all together. If you have a wok, it would be easier to cook all ingredients together. Garnish with the egg and slivered green onions. Can be eaten cold. Serves 10 to 12.

Mary Kitashima
Santa Monica, Calif.

LONG RICE WITH CHICKEN AND OKRA

- 1 pkg. frozen okra, or 1 lb. fresh okra
- 2 cans chicken broth (10¾ oz.)
- ¼ lb. saifun
- 10 chicken wings, split in two
(take off tips)
MSG (optional)

- 1 tbsp. ginger, freshly chopped**
- salt to taste**

Put chicken wings in pot and simmer in 2 cans of chicken broth and seasonings for 30 minutes, or until chicken turns white. Add okra and boil 10 minutes. then add saifun (which has been soaking in cold water for 15 minutes) and boil another 10 minutes or until saifun is cooked. Serves 4.

Mitsu Sonoda
Auxiliary

MOO GOO GAI PAN (Chicken and Vegetables)

- 1/2 lb. chicken breasts**
- dash of salt and pepper**
- 1 tsp. sherry**
- 1 tsp. cornstarch**
- 1/2 egg white**
- 24 snow peas**
- 4 tbsps. oil**
- 1 tsp. salt**
- 12 mushrooms, sliced**
- 2 stalks celery, sliced**
- 12 water chestnuts, sliced**
- 1 clove garlic, sliced**
- 2 or 3 scallions**
- 2 tsp. soy sauce**
- 1/2 tsp. sugar**

241

Slice chicken meat and mix with a dash of salt, pepper, sherry, cornstarch and egg white. String snow peas.

Heat 2 tbsps. oil and add salt. Saute mushrooms, celery, water chestnuts and snow peas for 2 minutes. Remove from pan.

Heat 2 tbsps. oil in same pan. Fry garlic, scallions and chicken meat for 1 minute over high heat. Add soy sauce and sugar and mix well. Add cooked vegetables and mix well for 1 minute. Remove to heated plate.

Miwa Goka
Los Angeles, Calif.

ORIENTAL FRIED CHICKEN

- 2 fryers, medium sized, cut into serving pieces
- 2 eggs
- 3 cubes prepared Chinese Bean Cake (fu-nyu)
- 1½ tbsps. Chinese plum sauce
- 1 tbsp. soy sauce
- 3 tbsps. mirin or sake
- 1 tsp. sugar
- 1 tsp. salt
- ¼ tsp. fresh grated ginger
- ¼ tsp. grated garlic
- flour

Combine all ingredients except chicken and flour. Marinate chicken pieces in this mixture for 1 to 2 hours. Roll pieces in flour and deep fry (above ingredients should be adjusted to suit individual taste).

242

Note:

This recipe can be used to prepare Hors d'Oeuvres. Remove skin and bones from fryers. Cut fryers into bite-size pieces and follow above recipe, using proportionate ingredients. Serves 4 to 6.

Kaory Harkins
Los Angeles, Calif.

STEAMED CHICKEN AND LUP CHONG

- 6 slices, ½ inch ginger root, peeled
- 2 tbsps. soy sauce
- 1 tsp. sugar
- dash pepper, seasoned salt
- 1 tbsp. sesame oil
- 1½ tbsps. sake or sherry
- 1 tbsp. cornstarch
- 2½ lbs. chicken, cut in serving pieces
- 3 Chinese sausages (Lup Chong),
sliced diagonally

- 8 dried mushrooms (preferably Chinese),
softened in water, cut in half**
- 1 water chestnuts (4 oz. can), sliced**
- 4 or 5 stalks green onion, sliced 2 inches long**

Combine ginger root, soy sauce, sugar, pepper, salt, oil, sherry and cornstarch, and mix well.

Combine chicken pieces, sausage, mushrooms and water chestnuts on a platter and pour soy mixture over. Toss to coat well.

Place plate on steamer rack and steam about 30 minutes or until chicken is tender. Add green onions towards the end, just barely cook. Serves 4 to 6 .

Taye Isono
Auxiliary

TERIYAKI CHICKEN

- 1 2½ to 3 lb. fryer chicken**
- flour**
- oil for frying**
- 3 onions thinly sliced**

243

Cut chicken into small serving pieces. Dredge with flour and brown on both sides in frying pan. Place chicken in rectangle baking pan. Pour teriyaki sauce over the chicken. Top with thinly sliced onions. Cover with aluminum foil while baking. Bake in 350° oven for 1 hour turning chicken and basting often. Remove foil last 15 minutes.

TERIYAKI SAUCE:

- 1 tbsp. grated ginger**
- 1/3 cup soy sauce**
- 1/3 cup sugar**
- 1/4 cup sake or wine**
- dash of MSG (optional)**

Combine above ingredients.

Kei Hankawa
Auxiliary

BAKED FISH SURPRISE

- 2 lbs. white fish**
- 1 pkg. spinach**
- 1/2 cup coconut milk**
- salt**
- lemon pepper**
- 1 tsp. ginger**

Cut fish into six pieces. Cut 6 pieces of aluminum foil large enough to hold fish.

Line foil with spinach leaves. Place fish and add coconut milk, salt, lemon pepper and ginger in each. Fold foil tightly, and bake in preheated oven at 350° for 25 minutes. Serves 4 to 6.

Grace Kataoka
Auxiliary

244

BARBECUED MACKEREL (Korean Style)

- 1/2 mackerel (cut in 4 pieces)**
- 1 clove garlic, chopped fine**
- 2 tbsps. green onion, chopped fine**
- 2 tbsps. shiro goma (white sesame seeds)**
- pinch of hichimi togarashi**
(cayenne pepper)
- 1 tsp. fresh ginger, grated**
- 1/8 tsp. black pepper**
- 1 1/2 tbsps. sugar**
- 4 tbsps. shoyu**
- 1 tbsp. sake**
- 1 tbsp. sesame seed oil**

Combine all ingredients except mackerel and sesame seed oil. Marinate mackerel in this mixture for one hour. Remove fish from marinade and skewer on barbecue sticks. Baste with sesame seed oil and cook on open fire or grill. The fish can also be broiled.

Kimiyo Sakaniwa
Auxiliary

GOMAME (Small Dried Fish)

- 1/2 lb. gomame**
- 1/2 cup soy sauce**
- 1/2 cup plus 1 tbsp. sugar**
- 2 tbsps. sake**
- 1 tsp. salad oil**
- 2 tbsps. toasted white sesame seeds**

Shake gomame to loosen particles away and, if desired, stomach portion can be removed carefully to avoid bitter taste.

On low fire, place gomame in frying pan and toast about 7 to 10 minutes. In a separate saucepan, simmer soy sauce, sugar, and sake until thick like honey. Add salad oil. Add gomame and stir quickly. Spread gomame on large platter and sprinkle sesame seeds over them. Cool. Place on serving dish.

Kimiyo Sakaniwa
Auxiliary

245

IKA NO JUMBO KAKI AGE (Squid and Vegetable Tempura)

- 1 medium size ika (squid)**
- 2 shiitake, sliced thin**
- 1 medium takenoko**
- 1 small carrot**
- 1 small gobo**
- 5 pieces green beans**
- 5 sprigs mitsuba (if not available,
watercress can be substituted)**
- salad oil**

Clean ika. Blanch ika with hot water and drain. Pour cold water over, rinse and dry. Cut ika into 1/2 inch pieces. Sprinkle flour on ika thoroughly.

Cut carrots, takenoko and green beans in 1½ inch lengths julienne style. Cut mitsuba in 1½ inch lengths. Sliver gobo, soak in water for 10 minutes with the other vegetables, drain thoroughly. Mix the above mixture and divide in four parts.

BATTER:

- 1 egg
- 1 cup cold water
- 1 cup flour

Add egg and water together and beat well. Add flour, mix gently. Pour ¼ portion of batter to the divided vegetable mixture. Slide one portion of mixture into the hot deep oil. Cook 5 minutes or until brown. Drain.

SAUCE:

- ¾ cup mirin
- ¾ cup soy sauce
- 1 tbsp. katsuobushi
- 1 cup water
- 4 tbsps. grated daikon

246

Boil together all ingredients in a pan, except the grated daikon. Strain sauce before serving. Serve warm with grated daikon. Serves 4.

Kimiyo Sakaniwa
Auxiliary

NI-KOGORI (Seafood Aspic)

- 1 whole egg
- 1 tsp. sugar
- ¼ tsp. salt
- 1½ tbsps. fresh ginger
- 1½ tbsps. plain gelatin
- 2 cups chicken broth
- 1 tsp. soy sauce

- 1/4 tsp. sugar**
- 1 tsp. sake (optional)**
- 1 3 1/2 oz. can crabmeat**
- 4 tbsps. parboiled green peas**

Beat egg, 1 tsp. sugar and 1/4 tsp. salt together and scramble in slightly oiled frying pan. Set aside to cool. Cut fresh ginger into thin strips, rinse in cold water and drain.

Mix gelatin into the chicken broth. Cover and heat until gelatin has melted. Remove and add soy sauce, sugar and sake. Cool mixture. Place scrambled egg, ginger, crab and green peas in small loaf pan. Pour the gelatin mixture over the top. Refrigerate until chilled and set.

Cut into serving pieces. Can be served as a salad or appetizer.

Shrimp or lobster may be substituted for crab. Serves 4.

Kimiyo Sakaniwa
Auxiliary

ODEN

247

(A good winter dish)

Combine the following ingredients and bring to a boil:

- 7 cups dashi, basic**
- 3/4 cup sake**
- 4 tsps. sugar**
- 4 tsps. salt**
- 2/3 cup shoyu**
- 1 5 inch square konbu, rinsed**

Then add:

- 2 cakes konnyaku, cut in 1/4 inch slices**
- 8 pieces shiitake, presoaked and cut in half**
- 6 medium satoimo, cut in quarters**
- 1 kamaboko, slice in 1/2 inch**
- 2 chikuwa, slice diagonal 1/2 inch**
- 1/2 daikon, slice diagonal 1/2 inch**

3 takenoko, cut in chunks

4 age, cut in half

Stuffing for age: (optional)

shiratake

shiitake, softened

carrots

Chop ingredients fine and stuff age. Tie with soft kampyo.

Cook all ingredients in dashi on low flame. Cook until tender.

Katsuko Nakamura

West Los Angeles, Calif.

SHRIMP BALLS

248

2 strips bacon, finely chopped

1 lb. raw shrimps, finely chopped

5 water chestnuts, finely chopped

**3 dried mushrooms (shiitake) soaked
and chopped**

1 green onion, finely chopped

1 tbsp. dry sherry

1/4 tsp. MSG (optional)

1/2 tbsp. salt

1 tsp. cornstarch

Combine all above ingredients and mix them well. Make into meat ball size, 1½ inches in diameter.

3 cups salad oil

Heat the salad oil to 375° and deep fry. Makes about 40 shrimp balls.

Grace Kataoka

Auxiliary

STEAMED FISH

- 1 Rock Cod or any deep water white meat fish, cleaned (about 2½ to 3 lbs.)**
- 3 green onions, chopped**
- 1 piece of ginger (fresh)**
1 inch in length, chopped
- 2 tbsps. dow see (black beans) rinsed**

Mash the black beans and mix with chopped green onions and ginger. Stuff fish with bean mixture for flavoring.

Wrap fish in several layers of foil and bake in 400° oven 45 minutes to 1 hour or until done. Pour approximately ¼ cup peanut oil (which has been brought to boil) on top of the baked fish just before serving.

Serve with sauce made with grated ginger and finely chopped green onions mixed with soy sauce. Use this as dipping sauce.

Kei Hankawa
Auxiliary

249

STUFFED FISH (Kenchin)

- 4 filets (5 oz. each) salmon, sole, flounder, sea bass or salmon trout**
- 5 eggs**
- ½ cup chicken stock**
- ½ tsp. salt**
- 1 tbsp. sake (or dry sherry or dry vermouth)**
- 2 tbsps. soy sauce**
- 4 tbsps. diced mushrooms (canned)**
- 4 tbsps. diced carrots (actually minced)**
- 2 tbsps. green peas**
- 1 lemon**

Mix chicken soup stock, sake, soy sauce and salt. Cook carrots, mushrooms and green peas in the mixture. Beat 4 eggs and add to

above mixture, stirring until custard-like. Sprinkle salt on fish filets and make a pocket in each. Add the remaining egg to the mixture and stuff fish. If filets are thin, wrap around the stuffing mixture and pin with toothpick. Preheat oven to 450°. Place stuffed fish in baking dish, garnish with slices of lemon and roast for 12 to 13 minutes. Serves 4.

*Horikawa Restaurant
Los Angeles, Calif.*

TRI-COLORED CHIKUWA TEMPURA

3 Chikuwa (fish cakes)

BATTER:

- 1 egg**
- 1/2 cup water**
- 1/2 cup flour**
- 1/4 cup corn starch**

250

SAUCE:

- 1/2 cup water**
- 1 tsp. dashi-no-moto**
- 2 tbsps. mirin**
- 2 tbsps. shoyu**
- 4 tbsps. grated daikon**
- 1/2 tsp. grated ginger**

Slice the chikuwa into four pieces, then slice each piece at an angle. Divide the batter into three. Place in separate bowls. Mix green nori into one, and add curry powder to the other. Leave the third part as is. Dip the chikuwa into these different batters and deep fry. Combine the ingredients for the sauce and boil. When cool, add grated ginger and daikon and serve.

*Veronica Ohara
Auxiliary*

CHILLED EGG TOFU

- 6 eggs
- 2 cups dashi (see basic soup stock)
- 1/2 tsp. salt
- 1 tbsp. sake
- 1 tbsp. shoyu
- MSG (optional)

Enameled 8 inch square pan or use foil covered dish.

Use fork to beat eggs well and add dashi and seasonings. Pour egg mixture through a sieve to make it clear. Wet pan before pouring the egg mixture. Remove any foam with a spoon.

Use a larger pan with 1 inch boiling water and steam, covered, on high heat for 3 minutes, and then on low heat for 20 to 25 minutes or until the consistency of custard.

Garnish with preflaked katsuobushi, grated ginger, and minced green onions. Serves 4.

251

Toy Kanegai
Auxiliary

ECONOMICAL EGG ROLL

- 1/2 lbs. shrimp, chicken or crab meat
- 1/4 head of cabbage
- 1/2 lb. bean sprouts
- 2 green onions, finely chopped
- 2 stalks celery, finely chopped
- 1 tsp. salt
- 1/2 tsp. sugar
- 1/8 tsp. MSG (optional)
- 1/2 tsp. soy sauce
- 1/8 tsp. pepper
- 1 pkg. of egg roll skin or won ton skin

Saute in a small amount of oil, chopped shrimp, crab meat or shredded chicken; remove from pan.

Mix shredded cabbage, bean sprouts, celery and onion together with the seasonings. Saute the vegetables and seasonings in the same pan.

Mix all the above sauted ingredients and roll into the egg roll skin. Deep fry at 375°. Makes 15 to 20 egg rolls.

Grace Kataoka
Auxiliary

NGA COY CHOW DONG (Eggs with Bean Sprouts)

252

- 1/2 lb. shrimp, fresh (or crab, fresh or canned) cut into 1/4 inch pieces**
- 1/2 lb. bacon or ham, cut into 1/2 inch pieces**
- 4 green onions**
- 1/2 dried onion, cut into 1 1/8 inch pieces**
- 1/2 tsp. salt**
- 3/4 tsp. MSG (optional)**
- 1/4 clove garlic, minced**
- 1 lb. bean sprouts, washed and drained**
- 1/4 tsp. pepper**
- 2 tbsps. peanut oil**
- 8 eggs, slightly beaten**
- few drops sesame seed oil**

Cut all ingredients beforehand. Fry bacon in hot pan (use 4 tbsps. oil if ham is used). May drain bacon fat to 4 tbsps. or substitute 4 tbsps. cooking oil. Add shrimp and stir-fry. Add garlic, onion, bean sprouts and stir-fry. Add salt, MSG, pepper and sesame seed oil and stir-fry. Add green onions. Do not overcook. Add more oil if necessary. Pour beaten eggs over vegetables. Cover and cook over low heat until eggs are set or forms a golden crust on the bottom. Cut and serve hot. May serve with soy and mustard sauce. Serves 6 to 8.

Michi Shono
West Los Angeles, Calif.

TAMAGO MAKI (Egg Roll)

- 6 eggs**
- 2 tsps. sugar**
- 1/2 tsp. salt**
- 1 tsp. shoyu**
- 2 tsps. sake**
- 5 tbsps. dashi**
- oil**

FILLING:

- 1/2 cup flaked crab meat (substitute shrimp, mushroom or green onions)**
- 1/4 cup cooked green peas**

Beat eggs slightly and add all the seasonings and put through a sieve. Add crab meat and green peas.

Thinly spread oil in a square frying pan. When pan is heated over medium heat, pour enough egg mixture in to spread from side to side. When egg is a little firm, roll from one side to the other. Bring rolled eggs forward and add additional egg mixture. Repeat above procedure until all egg mixture has been poured, rolling top to bottom, making one roll. When the roll is completed, turn over few more times until slightly brown. Cool before slicing.

253

Toy Kanegai
Auxiliary

BAKED AZUKI MOCHI

- 1 1/2 cups brown sugar**
- 1 tsp. baking soda**
- 1 can koshi-an or tsubushi-an**
- 1 small can coconut milk**
- 4 3/4 cups mochi-ko**
- 1 can red beans**
- goma**

Dilute coconut milk with water to make 4 cups. Combine with all ingredients except goma.

Pour into a greased 9 x 12 inch pan. Sprinkle goma on batter.

Bake at 350° for 1½ hours. Slice when cooled.

Sawae Inouye
Los Angeles, Calif.

CHI CHI MOCHI

- 2 pkgs. mochiko**
- 2½ to 3 cups milk**
- 4 cups sugar**
- 1 cup hot water**
- 1 pkg. katakuriko (potato starch)**
- food coloring (optional)**

254

Mix milk and mochiko and steam for 45 minutes. Boil sugar and hot water until it becomes a clear syrup. Slowly pour syrup over steamed mochi mixture and mix with wooden spoon (to tint, may add a drop or two of food coloring). Mix well.

Pour into wax paper lined baking pan using ¾ package of potato starch over wax paper. Let cool overnight.

Slice and coat with remaining potato starch.

Hiroko Doi
Pearl City, Oahu

DAIFUKU MOCHI

- 1 box mochiko**
- 2 cups water**
- 2 cups sugar**
- katakuriko (potato starch)**

Put cloth in steamer. Mix first three ingredients and steam for 15 to 20 minutes. Remove from steamer into a mixing bowl and pound with a wooden masher for a few minutes..

Sprinkle katakuriko lightly on the flat surface and turn steamed mochi onto it. Roll it on the board a few times then squeeze and cut off a 2 inch size ball. After all the mochi has been made into small balls, place dough in the palm of the hand, flatten and make an indentation in the center. Put in a rounded teaspoon full of red bean paste (see azuki an).

Pinch the ends together and shape in a ball. Place finished mochi in paper cupcake cups.

AZUKI-AN FILLING:

- 1 lb. azuki**
water
- 2 cups sugar**
- 1/2 tsp. salt**

Soak azuki overnight. Cover beans with water and cook on high flame until it boils, then drain and refill with water to cook on low flame for around 1 hour. Put in blender. Mash and strain through the sieve. Add sugar and salt to the azuki and cook on low flame for 1 hour. Cool.

255

Katsuko Nakamura
West Los Angeles, Calif.

KURI KINTON (Chestnut Dessert)

- 1 lb. sweet potato**
- 1/2 lb. dried lima beans**
- 2 cups sugar**
- 1/2 cup mirin**
- 1 7-oz. can kuri kanroni**
(chestnuts in heavy syrup)

Peel sweet potatoes and cut in 1 inch slices and soak in water. Boil and drain water, then mash.

Soak lima beans overnight and boil until tender and put through strainer and then add the sweet potato.

Add sugar and mirin and cook with low flame until thickened (15 to 20 minutes, stirring constantly to avoid burning).

Half chestnuts and mix in with above mixture about 5 minutes before taking off stove.

Cook until beans and sweet potato are like dry mashed potatoes.

The mirin enhances flavor and gives kinton a sheen. If sheen disappears, add more mirin.

Kimiyo Sakaniwa
Auxiliary

OHAGI (Rice Dumpling)

BEAN PASTE:

- 1 12-oz. bag azuki**
- 2 cups sugar**
- 1 tsp. salt**

256

Wash the azuki, cover with water and soak overnight. The next day, cook the beans until it boils. Drain and add more water to cover the beans. Heat and boil for 10 minutes. Drain again and add enough water to cover one inch above the beans. Cook for about one hour or until the beans become soft; drain. Put into a clean dish cloth and squeeze dry.

Put sugar and salt into pan and add the beans. Cook on low heat for 45 minutes, stirring frequently. Watch carefully to prevent scorching.

RICE CENTERS:

- 2 cups mochi gome (rice)**
- 1½ cups water**

Wash the rice in the usual manner. Drain and add the measured water. Let it stand for ½ hour, cover, bring to boil and cook for 20 minutes.

To Assemble:

Shape rice into 12 small balls. Put the bean paste around the rice balls covering well. Place in paper cupcake liners.

Kimiyo Sakaniwa
Auxiliary

SENBEI

- 2½ cups mochiko
- 2½ cups flour
- 4 tbsps. sugar
- 1 tsp. salt
- ½ tsp. baking soda
- 3 tbsps. sesame seeds
- 1 tbsp. Ao Nori Ko (bottled)
- 3 tsps. baking powder
- 2 cups water
- oil for frying

Mix dry ingredients together and add water gradually. Knead until mixture is bread dough consistency. Divide into two parts and set aside for 2 hours so it will be workable.

Roll out and cut in cracker size. Heat oil to 375° and deep fry till brown.

257

TARE:

- ½ cup shoyu
- ½ cup sugar

Cook the above two ingredients together until the sugar melts. Brush tare on the senbei, then put on a cookie sheet. Dry overnight in oven. (Pilot light is sufficient for heat.)

Helen Akagi
West Los Angeles, Calif.

SESAME SEEDS CAKE (Chinese)

- 4 cups flour**
- 1¼ cups sugar**
- 1 cup butter**
- 1 egg**
- 1½ tsps. baking powder**
- 1½ tsps. sesame seeds**

Mix together and knead thoroughly. Take off in small pieces, the size of almond, roll into small round balls and then in the sesame seeds until well covered. Bake in a moderate oven 350°, one inch apart until golden brown.

Sue Hoy
Palos Verdes, Calif.

YAKI MANJU

258

- 5 cups flour**
- 1¾ cups salad oil**
- ¾ cup ice water**
- 1 tsp. salt**
- 1 can koshi-an or tsubushi-an**
sprinkling of sugar

Combine dry ingredients and blend thoroughly. Add oil and ice water and mix well. Shape dough into balls, then flatten and place an as filling. Pinch edges to seal.

Mix egg yolk and water and brush onto dough. This helps brown the manju.

Place on cookie sheet and bake at 400° for 20 to 25 minutes.

Hiroko Doi
Pearl City, Oahu

YOKAN

2 lbs. red beans or lima beans

Soak overnight. Drain; add enough water to cover beans. Cook with lid slightly opened and turn heat down when it comes to a boil. Add enough water to the beans while cooking to keep covered. Cook until soft 15 to 20 minutes.

Put cloth within the strainer and pour the beans into it. Then squeeze until all the liquid is removed.

6 Kanten (break in half)

Soak in water for 1/2 hour. Cover with water and cook until kanten melts.

5 lbs. sugar

1/2 tsp. salt

Put all ingredients in a large pot and cook on low heat for 4 to 5 hours stirring every 1/2 hour. Before taking it off of the heat, add 1 *tb*sp. *mirin*. 259

Wet a 9 x 13 inch pan before pouring the cooked beans. Keep in cool place for 3 days (or until top hardens).

Lima beans yokan can be colored with green tea powder. Cut finished yokan in long pieces around 2 inches wide and wrap in wax paper. Will keep up to 6 months in refrigerator.

Toshi Hasegawa
West Los Angeles, Calif.

YOKAN

VARIATION #2:

1 lb. dried lima beans

2 lbs. and 1 cup sugar

2 1/2 sticks red kanten

2 cups water

1 tsp. salt

Soak beans overnight. Following day, slip skins from beans. Add water to beans to cover 2 inches and cook to boiling. Change water twice, adding more water each time. Bring to boil and cook for 20 minutes. Allow to cool. Mix in electric mixer for about 1 minute. Have ready a box or container approximately 6 x 6 x 2 inches lined with wax paper.

Wash kanten well, squeeze out water, break into small pieces and add to 2 cups water. Cook over very slow fire until melted. When dissolved, add sugar and simmer for 20 minutes, stirring constantly until slightly thickened. Do not remove from fire. Add bean mixture and stir well. Continue cooking on slow fire *stirring constantly* for 1¼ hours to 1½ hours. Add salt and remove from heat. Pour yokan into box and cool. Yokan can be eaten at this point, but flavor improves if refrigerated for 1 or 2 days. To serve, slice.

Kimiyo Sakaniwa
Auxiliary

AZUKI YOKAN

260

VARIATION #3:

- 1 12-oz. pkg. azuki beans**
- 2 lbs. sugar**
- 2 sticks white kanten**
- 1½ cups water**
- 1 tsp. salt**

Soak beans overnight. Following day cook to boiling. Change water 2 or 3 times, bringing to boil each time. Boil over slow fire 1 to 1½ hours until beans are soft. Cool and mash beans well in suribachi. Add water and pass through strainer. Discard pulp in strainer. Then pass bean residue and water through a cloth, squeezing out water well. At this point, continue the same as in Yokan direction.

Kimiyo Sakaniwa
Auxiliary

HELPFUL HINTS

To hasten cooking time of KANPYO, first rinse, rub with salt, rinse, and then cook.

To prevent discoloration of GOBO, first scrape skin off and cut into desired shape. Then soak 10 to 15 minutes in solution of 1 pt. water, 1 tbsp. vinegar and 1 tsp. salt.

To prevent stickiness of SATOIMO or ARAIMO, peel or scrape off skin, rub with salt, leave for half hour, rinse and then cook.

To keep CARROTS nice and bright, use a little vinegar in the cooking water. Use salt instead of shoyu.

To pan broil or pan roast SESAME SEEDS, heat frying pan or heavy saucepan, put seeds in, shake pan until seeds brown.

Cheaper grades of TEA are delicious when pan roasted until browned.

Rubbing the skin of CHICKEN with lemon will help cleanse and tenderize it.

To prevent TOFU from crumbling, soak in salted water for a while before using. When preparing YUDOFU (boiled tofu), sprinkle with Katakuri (potato starch) before boiling. This prevents crumbling and will add sheen to tofu.

To prevent FISH from breaking when slicing thin, rub knife blade with peanut oil or salad oil.

Overcooking will spoil the flavor of dishes in which MISO is used. Remove from stove as soon as contents of pot come to a boil after MISO is added.

Marinate slices of meat in peanut oil before cooking to prevent sliced meat from hardening.

To hasten the softening of shiitake, add a little sugar to the hot water to soak.

When using canned KAMABOKO, place it in a colander and pour boiling water or parboil a minute to freshen, remove and drain.

TAKENOKO, GINNAN, and SHIRATAKI if canned, should be washed in hot water before using to freshen.

In boiling FISH, start with boiling water, otherwise soup will have a fishy taste.

HELPFUL HINTS (continued)

When peeling dry onions, cut in half lengthwise and peel. In this way one can avoid shedding tears.

For inari zushi, cook ABURA AGE ahead of time and put in freezer. Will keep up to 3 months.

Cook vegetables which grow above the ground in boiling water and those that grow below ground level start cooking with cold water.

Desserts



DESSERTS



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Cookies
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- 286 German Pound Cake
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- 293 Fresh Strawberry Pie
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MISC. DESSERTS

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Fudge
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- 313 Cevillas Cornbread
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TEA COOKIES

- 1 cup soft butter**
- 3/4 cup powdered sugar**
- 1 tsp. vanilla**
- 2 1/4 cups sifted flour**
- 1/4 tsp. salt**
- 3/4 cup finely chopped almonds**

Beat together: butter, powdered sugar and vanilla. Sift together the flour and salt. Add to creamed mixture and blend. Add almonds. Work the dough into little balls. Place on ungreased baking sheet and flatten into round thin shapes. Bake at 375° for 5 to 6 minutes, making sure it does not get too brown. Place on rack to cool. While warm sprinkle with powdered sugar. When placing them into a cookie jar, put wax paper between each layer.

Virginia Tominaga
Auxiliary

267

BUTTERSCOTCH THINS (Ice Box Cookies)

- 1 6-oz. butterscotch morsels**
- 1/2 cup butter**
- 2/3 cup brown sugar, lightly packed**
- 1 egg**
- 3/4 tsp. vanilla**
- 1 1/3 cups sifted flour**
- 3/4 tsp. baking soda**
- 1/3 cup chopped nuts**

Melt butterscotch morsels and butter over hot water. Remove from heat and beat in brown sugar, egg, and vanilla. Sift dry ingredients and stir into creamed mixture. Add nuts. Chill for 1 hour. Shape into 12 inch rolls, wrap in wax paper. Chill well. Slice thin, place on ungreased cookie sheet. Bake at 375° for 5 to 6 minutes. Cool slightly before removing from cookie sheet.

Michi Shono
West Los Angeles, Calif.

OATMEAL CRUNCH COOKIES

- 1 cup shortening
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 eggs
- 1 tsp. vanilla
- 2 cups sifted flour
- ½ tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup Rice Krispies or Rice Chex
- 1 cup Quaker Oats
- 1 cup corn flakes
- 1 cup walnuts
- ⅓ cup semi-sweet chocolate chips

268

Mix together the shortening, sugars, eggs, and vanilla. Sift together the flour, baking powder, baking soda, and salt. Add to creamed mixture. Add remaining ingredients. Drop on greased cookie sheet and bake at 350° for 10 to 12 minutes.

Michi Shono
West Los Angeles, Calif.

SWEDISH OATMEAL COOKIES (Havreflarn)

Crispy and tasty cookies typical of Sweden!

- ½ cup butter or margarine
- ¾ cup sugar
- ½ tsp. cinnamon
- 1 tsp. baking powder
- 2 tbsps. sifted all-purpose flour
- 1 cup quick oatmeal
- 1 egg, slightly beaten

Melt butter or margarine in saucepan; remove from heat. Sift flour, sugar, cinnamon and baking powder and add to butter. Add oatmeal and egg. Drop batter from teaspoon onto well greased and floured cookie sheet. (Teflon cookie sheet works best, no buttering, or flouring, just wipe in between bakings). Place 3 inches apart because it spreads out.

Caution: Do not put more than 1 cookie sheet in the oven at a time because the cookies bake so quickly and one cannot manage more than 1 cookie sheet at a time.

Bake at 375° for 6 to 8 minutes or until golden brown. Remove from oven and let stand for 1 to 2 minutes. Remove cookies quickly with a spatula. (If cookies harden on cookie sheet, place back in oven for a minute to soften.) Cool on absorbent paper.
Makes about 45 cookies.

*Margaret Masuoka
West Los Angeles, Calif.*

LEMON-NUT SQUARES

269

- 1 cup all-purpose flour (unsifted)**
- 1/2 cup soft butter**
- 2 eggs**
- 1 cup firmly packed brown sugar**
- 3/4 cup granola-type cereal**
- 1/2 cup chopped walnuts**
- 1/8 tsp. baking powder**
- 3/4 tsp. vanilla**
- 1 tsp. grated lemon peel**
- 1 1/2 tbsps. lemon juice**
- 3/4 cup sifted powdered sugar**

For the crust, combine the flour and butter; mix with your fingers until crumbly. Press into the bottom of a greased 8 inch square baking pan. Bake in a 350° oven for 20 minutes.

Meanwhile, beat eggs slightly; beat in the sugar, cereal, walnuts, baking powder and vanilla. Remove crust from oven, pour cereal mixture evenly over top and return to a 350° oven. Bake for

25 minutes or until top is well browned. Remove from oven, let cool for 20 minutes.

Combine the lemon peel and juice and powdered sugar, beat until smooth. Spread over partially cooled cookie mixture.

Cool completely and cut into about 1½ inch squares. Makes about 2 dozen.

Mary Yanokawa
Auxiliary

WALNUT CHEESE STICKS

270

- ½ pt. creamed cottage cheese
- 1 cup softened butter
- 2 cups flour, sifted
- ¼ cup melted butter
- ¾ cup brown sugar
- ¾ cup chopped walnuts

Blend together with fork the creamed cottage cheese and 1 cup butter. Add sifted flour. Roll dough out to ⅛ inch thickness and brush with melted butter. Sprinkle with brown sugar and nuts. Cut dough into triangle pieces with 3 inches at the base. Roll into sticks beginning at the base. Place on greased cookie sheet with point side down and bake at 400° for 20 minutes.

Eiko Iwata
Auxiliary

RAISIN-BANANA OATMEAL COOKIES

- ¾ cup butter or margarine
- ¾ cup granulated sugar
- ⅓ cup brown sugar
- 1 egg
- 1 cup mashed ripe bananas
- 1½ cups flour

- 1/2 tsp. baking soda**
- 3/4 tsp. salt**
- 1 tsp. cinnamon**
- 1/2 tsp. nutmeg**
- 1 3/4 cups oatmeal**
- 1/2 cup raisins**
- 1/2 cup chopped nuts**

Cream butter; add sugars and cream together thoroughly. Add egg and beat. Stir in bananas. Sift together flour, salt, baking soda and spices. Add to creamed mixture. Stir in oatmeal, raisins and nuts. Drop by teaspoonful on greased cookie sheet. Bake at 400° for 15 minutes. Makes about 5 dozen.

Sumi Hoshizaki
Los Angeles, Calif.

HUNGARIAN COOKIES

271

- 1/4 lb. butter**
- 1/2 cup (minus 1 tbsp.) sugar**
- 1/2 tsp. almond extract**
- 2 eggs, separated**
- 1 1/2 cups flour**
- 1/2 tsp. baking powder**
- 1/2 tsp. baking soda**
- jam**
- nuts**

Cream together the butter, sugar, almond extract and egg yolks. Add flour, baking powder and baking soda which have been sifted together and blend. Spread batter onto cookie sheet. Spread jam (whatever your choice) on top of batter. Beat egg whites stiff. Spread over jam and sprinkle with nuts. Bake at 350° for 25 minutes. Cool in pan and cut.

Hideko Yamate
Monterey Park, Calif.

CINNAMON STICKS

- 1 cup flour
- 1 cup sugar
- 2 tsps. cinnamon
- 1½ cubes softened margarine
- 1 egg, separated
- 1 tsp. vanilla
- 1 cup chopped nuts

Sift flour, sugar and cinnamon. Blend in margarine and egg yolk. Add vanilla. Spread to ¼ inch thickness on cookie sheet. Glaze top with egg white, sprinkle nuts over all. Bake at 325° for about 30 minutes. Cool for 10 minutes and cut into slim sticks. Continue cooling on a rack.

Peggy Yamate
West Covina, Calif.

272

RICE KRISPIES COOKIES

- ¾ cup butter
- ½ cup granulated sugar
- ¾ cup brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 cup flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup oatmeal
- ½ cup chopped nuts (optional)
- ½ cup Rice Krispies

Cream butter, add granulated sugar and brown sugar. Mix well. Add egg and vanilla. Beat well. Add dry ingredients, oatmeal, nuts and Rice Krispies. Drop by teaspoonfuls and press with fork onto greased sheet. Bake at 350° for 12 minutes.

Doris Johansson
Ventura, Calif.

ALMOND THINS

- 1/3 cup blanched almonds***
- 4 unblanched almonds***
- 3/4 cup soft butter**
- 3/4 cup sugar**
- 1 small egg white, unbeaten**
- 1 3/4 cups sifted flour**

*In place of the almonds, you may use 1 tsp. vanilla and 1 tsp. almond flavoring.

Put almonds through a fine knife or food grinder twice. Mix in butter, sugar, and egg white thoroughly. Stir in flour, mix well. Chill dough. Take a small portion of chilled dough and roll it out very thin. Use pastry cloth and cloth covered rolling pin which have been dusted with flour. Cut with a fluted cookie cutter. Brush cookie top with slightly beaten egg white and press blanched almond half in center of cookie. Bake on ungreased baking sheet at 350° 7 to 8 minutes or until golden brown.

273

Chieko Inouye
Auxiliary

CREAM CHEESE BROWNIES

- 1 pkg. 4-oz. Baker's Sweet Chocolate (German)**
- 5 tbsps. butter**
- 1 pkg. 3-oz. cream cheese**
- 1 cup sugar**
- 3 eggs**
- 1 tbsp. flour**
- 1 1/2 tsps. vanilla**
- 1/2 cup unsifted all-purpose flour**
- 1/2 tsp. baking powder**
- 1/4 tsp. salt**
- 1/2 cup chopped nuts**
- 1/4 tsp. almond extract**

Melt chocolate with 3 tbsps. butter over low heat, stirring constantly. Cool. Cream remaining butter with cheese. Gradually add $\frac{1}{4}$ cup sugar. Cream well. Blend in 1 egg, 1 tbsp. flour, $\frac{1}{2}$ tsp. vanilla. Set aside.

Beat 2 eggs until thick and light in color. Gradually add $\frac{3}{4}$ cup sugar, beating until thickened. Add flour, baking powder and salt. Blend in chocolate mixture, nuts, 1 tsp. vanilla, and almond extract. Spread half on greased 8 or 9 inch square pan. Spread cheese mixture over top, spoon on remaining batter. Zigzag through batter with spatula to marble. Bake at 350° for 35 to 40 minutes. Cool, then cut. Makes 16 to 20.

Edith Yamamoto
West Los Angeles, Calif.

FRUIT COCKTAIL BARS

274

- 2 eggs
- $1\frac{1}{2}$ cups sugar
- 2 cups canned fruit cocktail
- $2\frac{1}{4}$ cups flour
- $1\frac{1}{2}$ tps. baking soda
- $\frac{1}{2}$ tsp. salt
- 1 tsp. vanilla
- $1\frac{1}{2}$ cups flaked coconut
- 1 cup chopped nuts

Combine eggs and sugar. Beat until light and fluffy. Add fruit cocktail with its juice. Beat well with electric mixer until fruits are in tiny bits. Add flour, soda, salt and vanilla. Mix well. Pour into greased and floured 9 x 13 inch pan. Top with coconut and nuts. Bake at 325° for 30 to 35 minutes. Remove and glaze immediately.

GLAZE:

- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{4}$ cup evaporated milk
- $\frac{1}{2}$ tsp. vanilla

Combine all ingredients and boil for about 2 to 3 minutes.

Joan Higashi
Pearl City, Oahu

PECAN SQUARES

- 1/2 cup sugar**
- 1/2 cup brown sugar**
- 1 cup shortening**
- 2 egg yolks**
- 2 cups flour**
- 1/4 tsp. baking soda dissolved in**
- 1 tbsp. water**

Cream together granulated sugar, brown sugar and shortening.
Add egg yolks, flour and baking soda. Spread on cookie sheet.

- 2 egg whites, beaten stiff**
- 1 cup brown sugar**
- 1 pkg. chocolate tidbits**
- 1 cup chopped pecan nuts**

275

Add brown sugar to egg white. Spread over top of cookie dough.
Sprinkle chocolate tidbits over top. Sprinkle chopped pecan nuts
over all, packing down with fingers slightly. Bake at 375° for
25 to 30 minutes. Cut into squares while still warm.

Frances Yoshiwara
West Los Angeles, Calif.

FLAKY CHEESE TARTS

- 1 lb. butter (or substitute 1/2 lb.**
margarine for 1/2 lb. butter)
- 4 cups flour**
- 1 cup sour cream**
- 2 8-oz. cream cheese**

- 2 eggs**
- 1 cup sugar**
- 1 tsp. vanilla**
- 1 tsp. cinnamon**
- maraschino cherries**
- powdered sugar**

Cut butter into flour to consistency of corn meal mixture. Stir in sour cream; press dough together. Wrap in plastic and chill for several hours. When chilled, cut dough into 6 equal parts. Roll each out on lightly floured board; form $\frac{1}{8}$ inch thickness rectangles. Cut into 3 inch pastry squares. Place on lightly greased muffin tin, pressing dough lightly to sides. Meanwhile, soften cream cheese and beat in eggs, sugar, vanilla and cinnamon. Fill squares in muffin tin with 1 tsp. of this filling, topping it with $\frac{1}{4}$ piece of maraschino cherry. Bake at 325° for 20 to 25 minutes. Dust with powdered sugar.

Sumi Saito
Fresno, Calif.

276

SCOTCH SHORTBREAD

- 1 cup soft butter**
- $\frac{5}{8}$ cup sugar**
($\frac{1}{2}$ cup plus 2 tbsps.)
- $2\frac{1}{2}$ cups sifted flour**

Mix together thoroughly soft butter and sugar. Blend in flour and mix thoroughly with hands. Roll out $\frac{1}{3}$ to $\frac{1}{2}$ inch thick. Cut in desired shape. Place on ungreased baking sheet, (may be decorated with colored sugar). Bake in 325° oven for about 20 to 25 minutes until cookies have a tinge of brown; this gives a better flavor.

Toni Nakamura
West Los Angeles, Calif.

CHINESE PRETZELS

- 1 box cornstarch
- 1½ cups sugar
- 2 cups flour
- 1 tsp. salt
- 2 eggs
- 3½ cups water
- ½ cup evaporated milk
- Sesame seed and yellow coloring (optional)

Combine all ingredients. Mix well. Heat 3 to 4 inches of oil in a heavy skillet. Heat rosette iron in heated oil. Dip heated iron into batter, being careful that the batter covers only the bottom and sides of the iron. Place iron back into hot oil; remove pretzel from iron. Fry until light brown. Turn and brown lightly on other side. Remove from oil, drain on paper towels. Makes 15 dozen.

Ethel Miyaguchi
Pearl City, Hawaii

277

OLD TIME APPLE SAUCE CAKE

- 3 eggs
- 1¼ cups sugar
- 1 cup canned applesauce
- ½ cup vegetable oil
- ¼ cup water
- 1¾ cups all purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 2 tsps. cinnamon
- 1 tsp. nutmeg
- 1 cup chopped walnuts

Beat eggs until frothy. Add sugar gradually. Beat until thick and lemon colored. Stir in applesauce, oil, and water. Blend well. Sift flour, salt,

baking soda, cinnamon and nutmeg. Add gradually to applesauce mixture. Blend well. Stir in nuts. Pour into two well greased 9 inch cake pans. Bake at 350° for 30 to 35 minutes.

MOCHA BUTTER CREAM FROSTING:

- 1/2 cup cocoa**
- 1 pkg. powdered sugar**
- 1/3 cup soft butter**
- 1/8 tsp. salt**
- 1/3 cup hot coffee**
- 1/3 tsp. vanilla**

Sift cocoa with sugar. Cream butter with salt and 1 cup powdered sugar until light and fluffy. Add remaining sugar and coffee alternately, beating until smooth. Add vanilla.

Helen Terashita
West Los Angeles, Calif.

278

FUDGE-CREAM CHEESE CAKE

- 2 cups sifted flour**
- 2 cups sugar**
- 1 tsp. salt**
- 1 tsp. baking powder**
- 1/2 tsp. baking soda**
- 1/2 cup butter**
- 1 1/3 cups milk**
- 2 eggs**
- 4 1-oz. melted unsweetened chocolate**
- 1 tsp. vanilla**

Sift together the sugar, sifted flour, salt, baking powder and baking soda and place in a mixing bowl. Add butter and 1 cup milk. Blend and then beat at low speed for about 1 1/2 minutes. Add the remaining milk (1/3 cup), eggs, melted chocolate and vanilla. Beat another 1 1/2 minutes. Spread half of cake batter into greased 9 x 13 inch pan. Spoon cheese mixture over batter and spread remaining cake batter over the cream cheese mixture.

CREAM CHEESE FILLING:

- 2 tbsps. butter**
- 1 8-oz. pkg. cream cheese**
- 1/4 cup sugar**
- 1 tbsp. cornstarch**
- 1 egg**
- 2 tbsps. milk**
- 1/2 tsp. vanilla**

Cream butter and cream cheese. Add sugar and beat until smooth. Add cornstarch, egg, milk and vanilla. Beat until smooth. Bake at 350° for 50 to 60 minutes.

Eiko Iwata
Auxiliary

SOUR CREAM BANANA CAKE

- 1/4 cup butter or margarine**
- 1 1/3 cups sugar**
- 2 eggs**
- 1 tsp. vanilla**
- 1 cup sour cream**
- 1 cup chopped walnuts (optional)**
- 2 cups sifted cake flour**
- 1 tsp. baking powder**
- 1 tsp. soda**
- 1/2 tsp. salt**
- 1 cup ripe bananas, mashed
(about 2 bananas)**

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Cream butter or margarine and sugar until light and fluffy. Beat in eggs one at a time. Stir in vanilla. Sift together the flour, baking powder, soda and salt. Add the dry ingredients to creamed mixture alternately with sour cream ending with the dry ingredients. Add bananas and nuts. Mix just until blended. Pour into greased 9 x 13 inch pan. Bake at 350° for 40 to 45 minutes. Cool and frost as desired.

Dorothy Ikkanda
West Los Angeles, Calif.

OATMEAL CAKE WITH TOASTED MACADAMIA TOPPING

- 1¼ cups boiling water**
- 1 cup uncooked oatmeal**
- ½ cup butter**
- 1 cup sugar**
- 1 cup brown sugar**
- 1 tsp. vanilla**
- 2 eggs**
- 1½ cups sifted flour**
- 1 tsp. baking soda**
- ½ tsp. salt**
- ¾ tsp. cinnamon**
- ¼ tsp. nutmeg**

280

Pour boiling water over oatmeal; cover and let it stand for 20 minutes. Beat butter until creamy. Add granulated and brown sugar. Beat until fluffy. Blend in vanilla and eggs. Add oatmeal and mix well. Sift flour, baking soda, salt and spices. Add to creamed mixture; mix thoroughly. Pour into well greased and floured 9 inch square pan. Bake at 350° for 50 to 55 minutes. Do not remove cake from pan.

TOASTED MACADAMIA NUT TOPPING:

- 2 tbsps. soft butter**
- ¼ cup chopped unsalted macadamia nuts**
- ¼ cup unsifted powdered sugar**

Mix butter with nuts and sugar until well blended. Before serving, slice cake and spread with topping. Broil about 6 inches below heating unit until topping bubbles and is slightly browned.

Bea Ando
La Crescenta, Calif.

SUSAN'S CHOCOLATE BUNDT CAKE

- 1 pkg. Duncan Hines Deep Chocolate Cake Mix**
- 1 pkg. Chocolate Instant Pudding (4½ ozs.)**
- ½ cup oil**
- ½ cup warm water**
- 4 eggs**
- ½ pt. sour cream**
- 1 6-oz. semi-sweet chocolate bits**

Mix all ingredients together. Beat for 2 minutes. Fold in chocolate bits. Pour into well greased and floured Bundt pan. Bake at 350° for 60 minutes.

Chiye Harada
Culver City, Calif.

HISAKO'S CAKE

281

- 1 cup butter**
- 2 cups sugar**
- 4 eggs, separated**
- ½ tsp. vanilla**
- 3 cups flour**
- 1 tsp. baking soda**
- ½ tsp. salt**
- 1 cup buttermilk**
- 1 tsp. cream of tartar**

Cream together butter and sugar. Add egg yolks and vanilla, beat well. Sift together flour, baking soda and salt. Add to creamed mixture alternating with the buttermilk. Beat egg whites stiff with cream of tartar. Fold into batter. Bake at 350° for 40 to 45 minutes in 9 x 13 inch pan.

TOPPING:

- 1/4 cup butter**
- 1/2 cup brown sugar**
- 3 tbsps. cream**
- 1/2 cup nuts, if desired**

Cream butter, add brown sugar, cream and nuts. Spread over cake, broil until evenly browned.

Hisako Yamate
Monterey Park, Calif.

PINEAPPLE-BANANA NUT CAKE

282

- 3 cups flour**
- 1 tsp. salt**
- 2 cups sugar**
- 1 tsp. cinnamon**
- 1 tsp. baking soda**
- 1 1/2 cups salad oil**
- 1 8-oz. can crushed pineapple**
- 3 eggs**
- 2 cups diced bananas**
- 1 cup chopped walnuts**
- 1 1/2 tsps. vanilla**

Sift together into large mixing bowl: flour, salt, sugar, cinnamon and baking soda. Add oil, crushed pineapple with its juice, eggs, bananas, walnuts and vanilla. Mix until blended. Do not beat. Pour into greased tube pan or 9 x 12 inch pan. Bake at 325° 1 hour and 35 minutes for tube pan, 1 hour for flat pan. Cake will remain moist and fresh for days.

Frances Yoshiwara
West Los Angeles, Calif.

RUM CAKE

- 1 pkg. Yellow Cake Mix
- 1 pkg. Instant Vanilla Pudding Mix
- 4 eggs
- 1/2 cup Wesson oil
- 1/2 cup water
- 1/2 cup rum
- 1/2 cup chopped pecans

Mix all ingredients except pecans for 4 to 5 minutes. Arrange pecans on bottom of greased tube pan or flat pan. Pour batter and bake at 325° for 1 hour. Remove from oven, pierce top thoroughly with toothpick. Cool completely before removing from pan. Glaze top.

GLAZE:

- 1/4 lb. butter
- 1/4 cup water
- 1 cup sugar
- 2 tbsps. rum

283

Boil butter, water and sugar for one minute. Remove from heat. Add 2 tbsps. rum and stir. Drizzle over cake.

Frances Yoshiwara
West Los Angeles, Calif.

DANISH ORANGE RUM CAKE

- 1 cup butter
- 1 cup sugar
- grated rind of 2 oranges and 1 lemon
- 2 eggs
- 2 1/2 cups sifted flour
- 2 tsps. baking powder
- 1 tsp. baking soda

- 1/2 tsp. salt**
- 1 cup buttermilk**
- 1 cup finely chopped walnuts**

Cream butter and add sugar gradually. Beat until light and fluffy. Add orange and lemon rind. Add eggs and beat until light (use electric mixer if possible).

Sift together the flour, baking powder, baking soda and salt. Add to the creamed mixture alternately with the buttermilk. Fold in nuts. Pour into 9 or 10 inch greased tube pan. Bake in moderate oven (350°) for 1 hour. Cool slightly and then pour rum sauce slowly over the cake in pan. Cool and store in pan for at least 3 days.

RUM SAUCE:

- juice of 3 oranges and 1 large lemon**
- 1 1/2 cups sugar**
- 3 to 5 tbsps. rum**

284

Strain orange and lemon juice. Mix with remaining ingredients. Bring to a boil.

NOTE: To make certain that the cake is thoroughly permeated, I recommend making an extra half portion of the sauce. It may seem like it is too much but will soak in eventually and really makes a difference. If you keep the cake in the pan it will last a couple of weeks without freezing. The cake is so rich that it's better not to cut the slices too thick.

Toshi Setoguchi
West Los Angeles, Calif.

HARVEY WALLBANGER CAKE

- 1 pkg. 2-layer size orange cake mix**
- 1 3/4-oz. pkg. Instant Vanilla Pudding**
- 4 eggs**
- 1/2 cup cooking oil**
- 1/2 cup orange juice**

- 1/2 cup Galliano liqueur**
- 2 tbsps. vodka**

In a large mixer bowl, combine cake mix and pudding mix. Add eggs, oil, orange juice, Galliano and vodka. Beat at low speed on electric mixer for 1/2 minute. Then beat on medium speed for 5 minutes, scraping bowl often. Pour into greased and floured 10 inch fluted tube pan. Bake at 350° for 45 minutes. Or pour into 2 greased 9 inch cake pans and bake at 350° for 30 minutes. Cool in pan for 10 minutes. Remove to rack and pour on glaze while cake is still warm. Powdered sugar may be sprinkled on instead of the glaze.

GLAZE:

- 1 cup sifted powdered sugar**
- 1 tbsp. orange juice**
- 1 tbsp. Galliano**
- 1 tsp. vodka**

285

Combine all ingredients. Mix to make glaze.

Ruth Watanabe
Auxiliary

STRAWBERRY SHORTCUT CAKE

- 1 cup miniature marshmallows**
- 2 cups strawberries, sliced**
- 1 pkg. 3-oz. strawberry gelatin**
- 1 pkg. yellow cake mix**

Grease bottom of 9 x 13 inch pan and sprinkle with marshmallows. Combine thawed strawberries (with juice) with dry gelatine. Set aside. Mix cake batter according to directions on box. Pour cake batter evenly over marshmallows. Spoon berry mixture over batter and bake till golden brown 350° for 45 to 50 minutes. Serve with whipped cream or ice cream.

Mitsu Sonoda
Auxiliary

APRICOT BRANDY POUND CAKE

- 1 cup butter or margarine
- 3 cups sugar
- 6 eggs (1¼ cups)
- 3 cups sifted flour
- ¼ tsp. soda
- ½ tsp. salt
- 1 cup sour cream
- ½ tsp. rum extract
- 1 tsp. orange extract
- ¼ tsp. almond extract
- ½ tsp. lemon extract
- 1 tsp. vanilla
- ½ cup apricot brandy

286

Cream together butter and sugar till light and fluffy. Add eggs one at a time, beating thoroughly. Sift together flour, salt and soda. Combine sour cream, flavorings and brandy. Add the flour and sour cream mixture alternately to the sugar mixture. Mix till blended, turn into greased, floured 10 inch tube pan. Bake at 325° for 1 hour and 10 minutes, or until cake shrinks from the side. Cool in pan for 15 minutes. Turn out on wire rack.

Marlene Hirata
Oxnard, Calif.

GERMAN POUND CAKE

- 1 lb. butter
- 1 lb. powdered sugar
- 6 eggs
- 3 cups sifted cake flour
- 1½ tsp. vanilla

Cream butter until fluffy, add sugar gradually and blend well. Add eggs one at a time beating one minute after each egg.

Add flour slowly; stir well. Stir in vanilla. Pour batter in a lightly greased tube pan. Bake at 325° for 1 hour and 20 minutes. Cool cake for 5 minutes; remove from pan, then place on cake rack to cool. May be kept in refrigerator for 6 to 8 weeks if wrapped with saran and foil.

Virginia Tominaga
Auxiliary

LEMON REFRIGERATED CAKE

- 1 pkg. Duncan Hines Lemon Supreme
Cake Mix**
- 3 eggs**
- 1/2 cup salad oil**
- 1 cup cold 7-Up**
- 1/2 cup cold water**
- 1 3-oz. pkg. lime Jello**
- 3/4 cup hot water**
- 3/4 cup cold water**

287

Combine cake mix, eggs, salad oil, 7-Up and 1/2 cup cold water; blend well. Pour into greased 9 x 13 pan. Bake at 350° for 30 to 35 minutes. Cool cake in pan. Mix and cool at room temperature: Jello, hot water and cold water. When cake is cool, poke with chopstick all over cake; pour Jello over cake. Refrigerate cake about 20 minutes.

TOPPING:

- 1 pkg. Instant Vanilla Pudding Mix**
- 3/4 cup (1 small can) evaporated milk**
- 1 envelope Dream Whip**
- 3/4 cup cold water**

Beat all ingredients well, spread over cake. Refrigerate.

Joan Higashi
Pearl City, Oahu

COCOA AND COLA CAKE

- 1 cup butter, softened**
- 2¼ cups sifted flour**
- 1¾ cups sugar**
- ½ cup buttermilk**
- 1 tsp. soda**
- 1 cup carbonated cola beverage**
- 1 tsp. vanilla**
- 2 eggs**
- 3 tbsps. cocoa**
- 1½ cups miniature marshmallows (optional)**

Combine all ingredients except cola and marshmallows in large mixing bowl. Blend at low speed, then beat for 1 minute at medium speed. Add cola, blend well. Stir in marshmallows by hand. Pour into 9 x 13 inch greased and floured pan. Bake at 375° for 40 to 45 minutes. Cool about 30 minutes. Spread on cola icing.

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COLA ICING:

- ½ cup softened butter**
- 3 tbsps. cocoa**
- ⅓ cup cola**
- 4 cups powdered sugar**
- 1 cup chopped, roasted pecans**

Combine butter, cocoa, cola and powdered sugar in mixing bowl. Beat until smooth. Stir in chopped, roasted pecans.

Joan Higashi
Pearl City, Oahu

CHERRY CONFETTI CAKE

- 3 cups flour**
- 2 tps. baking powder**
- 1 tsp. salt**

- 1 cup shortening**
- 1 lb. sifted confectioners sugar**
- 1 tsp. almond extract**
- 4 eggs**
- 1 cup milk**
- 1/2 cup chopped almonds**
- 1 cup finely cut maraschino cherries**

Sift flour, baking powder and salt. Cream shortening and gradually add sifted confectioners sugar. Add almond extract. Beat in eggs, one at a time. Add dry ingredients alternately with milk. Fold in almonds and cherries. Pour into well greased and lightly floured 10 inch tube pan. Cut through batter gently to break large air bubbles. Bake at 350° for 60 to 65 minutes. While still warm, spread top with butter and sprinkle with cinnamon and sugar.

Fran Bean
Newport Beach, Calif.

BANANA CHIFFON CAKE

289

- 2 1/4 cups cake flour**
- 1 1/2 cups sugar**
- 3 tsp. baking powder**
- 1 tsp. salt**
- 1/2 cup vegetable oil**
- 5 egg yolks, unbeaten**
- 1/3 cup cold water**
- 1 cup mashed ripe bananas**
- 1 tsp. vanilla**
- 1 cup egg whites (7 or 8)**
- 1/2 tsp. cream of tartar**

Heat oven to 325°. Sift and blend together flour, sugar, baking powder and salt in a bowl. Add oil, egg yolks, water, bananas and vanilla. Beat until smooth.

In a large mixing bowl, beat egg whites and cream of tartar at high speed with an electric beater until they hold very stiff peaks. Do not

underbeat. Pour egg yolk mixture in thin stream over the egg whites, gently cutting and folding in with a French whisk until blended. Pour into ungreased 10 inch tube pan. Bake 65 to 70 minutes. Invert on funnel until cold. Drizzle with the following Penuche frosting.

Chieko Inouye
Auxiliary

PENUCHE FROSTING:

- 1/4 cup butter**
- 3 tbsps. brown sugar**
- 2 to 4 tbsps. canned milk**
- 1 tsp. vanilla**
- 1/2 cup chopped nuts, almonds preferred**
- 1/2 cup sifted powdered sugar, add more if needed**

290

Melt butter, add sugar, canned milk and vanilla. Beat with spoon and add nuts and powdered sugar to right consistency.

Rose Ikuta
West Los Angeles, Calif.

CRUNCH-POUND CAKE

CRUNCH LAYER:

- 1/3 cup granulated sugar**
- 1/2 cup chopped nuts**
- 1 1/2 cups crushed vanilla wafers**
- 1/2 cup melted butter**

Mix all ingredients together and pat into 2 large ungreased loaf pans. Bake at 325° for 20 minutes.

POUND CAKE:

- 1 lb. powdered sugar**
- 1/2 lb. margarine**

- 1/2 lb. butter**
- 6 eggs**
- 3 cups sifted cake flour**
- 1 tsp. vanilla**
- 1/8 tsp. salt**
- few drops yellow food coloring (optional)**

Cream until light and fluffy: margarine, butter and powdered sugar. Add eggs, one at a time, beating after each addition. Add salt. Mix in flour, vanilla and yellow food coloring. Pour batter over crunch (crunch need not be cooled) and bake at 350° for 1 1/4 hours. To avoid burnt top, put shallow pan of water on lower rack when baking.

Fran Bean
Newport Beach, Calif.

GERMAN APPLE CAKE

291

- 5 apples, pared and sliced thin**
- 5 tbsps. sugar**
- 2 tsps. cinnamon**
- 3 cups unsifted flour**
- 2 1/3 cups sugar**
- 1 cup cooking oil**
- 1/3 cup orange juice**
- 1/2 tsp. salt**
- 4 unbeaten eggs**
- 2 tsps. vanilla**
- 1 1/2 tsps. baking soda**
- 1 1/2 tsps. baking powder**
- 1/2 cup nuts (optional)**
- 1/2 cup raisins (optional)**

Mix sliced apples with sugar and cinnamon. Set aside. Blend together with electric mixer at low speed for 1 minute: flour, sugar, oil, orange juice, salt, eggs, vanilla. Mix batter at medium speed for 3 minutes. Add baking soda and baking powder, mix for another

minute. Grease tube cake pan, fill with alternating layers of apples and batter, ending with the batter. Bake at 350° for 1½ hours. Serve with whipped cream or with butterscotch icing. Nuts and raisins may be added to batter, if desired.

BUTTERSCOTCH ICING:

- 5 tbsps. butter**
- 8 tbsps. brown sugar**
- 7 tbsps. condensed milk**
- ¾ box powdered sugar**

Put butter, brown sugar and milk in saucepan. Heat until dissolved. Cool. Add ¾ box powdered sugar, sifted. Beat vigorously until smooth.

Toy Kawakami
Los Angeles, Calif.

FRESH STRAWBERRY CREAM PIE

292

- 1 9 inch baked pie shell**
- ¾ cup toasted sliced almonds**
- 1 pkg. vanilla pudding**
- 2 cups milk**
- ½ envelope Knox gelatin**
- 2 tbsps. milk**
- ½ pt. whipping cream**
- 2 tbsps. sugar**
- 1 cup fresh strawberries**
- 3 tbsps. cornstarch**
- 1 cup water**
- 1 cup sugar**
- 1 box fresh strawberries**

Cook vanilla pudding with 2 cups milk according to directions on package. Soften gelatin in 2 tbsps. milk, add to pudding and mix. Chill in refrigerator. Later whip cream and add 2 tbsps. sugar and fold into cold pudding. Chill.

Make strawberry glaze with 1 cup strawberries and $\frac{2}{3}$ cup water. Simmer this mixture for about 3 minutes. Blend sugar, cornstarch and remaining $\frac{1}{3}$ cup water and add to boiling mixture. Boil one minute stirring constantly. Cool.

Sprinkle toasted sliced almonds on bottom of baked pie shell. Pour pudding mixture into pie shell. Place whole strawberries on top of pudding mixture. Pour glaze on top. Refrigerate 2 to 3 hours.

Chieko Inouye
Auxiliary

FRESH STRAWBERRY PIE

- 1 9 inch baked pie shell**
- 3 boxes fresh strawberries,
cleaned and well-drained**
- 1 cup sugar •**
- $\frac{1}{8}$ tsp. salt**
- 2 cups cold water**
- 2 tbsps. cornstarch**
- 1 3-oz. pkg. strawberry Jello**

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Combine sugar, salt, water, and cornstarch. Stir and cook until clear. Usually by the time it comes to boil, it will be clear. While hot, stir in strawberry Jello. Cool until it begins to thicken and sheets off a spoon. Arrange berries in cooled pie shell. Pour cooled glaze over berries. Refrigerate until set. Garnish with whipped cream.

Toyo Nakasone
Culver City, Calif.

BLUEBERRY CREAM CHEESE PIE

- 1 10 inch baked pie shell**
- 1 8-oz. pkg. cream cheese**
- $\frac{3}{4}$ cup powdered sugar**
- 1 cup heavy cream**

- 1 can blueberry pie filling, chilled**
- 1 tsp. vanilla**

Blend cream cheese, sugar, and vanilla thoroughly. Fold whipped cream into the cream cheese mixture. Pour into cooled pie shell. Top with blueberry pie filling and chill for several hours before serving.

Mitsu Sonoda
Auxiliary

RASPBERRY CHIFFON PIE

- 1 9 inch baked pie shell**
- 1 10-oz. pkg. frozen red raspberries, thawed**
- 1 3-oz. pkg. raspberry flavored gelatin**
- $\frac{3}{4}$ cup boiling water**
- 2 tbsps. lemon juice**
- $\frac{1}{2}$ cup heavy cream, whipped**
- $\frac{1}{8}$ tsp. salt**
- 2 egg whites**
- $\frac{1}{4}$ cup sugar**

294

Drain raspberries and add water to syrup to make $\frac{2}{3}$ cup. Dissolve gelatin in boiling water. Add lemon juice and raspberry syrup. Chill till partially set. Beat mixture till soft peaks form. Fold raspberries into the whipped cream. Add salt to egg whites; beat until soft peaks form. Add sugar gradually beating till stiff peaks form. Fold egg whites into raspberry mixture. Pour into baked pie shell. Have edges crimped high as filling is generous. Chill till set. Trim with additional whipped cream and raspberries.

Mary Yanokawa
Auxiliary

MARIE'S COCONUT VANILLA CREAM PIE

- 1 9 inch baked pie shell**
- $\frac{1}{4}$ cup flour**

- 3/4 cup sugar**
- 2 tbsps. cornstarch**
- 1/4 tsp. salt**
- 3 cups milk**
- 3 egg yolks, slightly beaten**
- 2 tbsps. butter**
- 2 tsps. vanilla**
- whipping cream**
- shredded coconut**

Combine in saucepan: flour, sugar, cornstarch and salt. Gradually add milk, stirring until thick over medium heat. Blend 1/2 cup hot mixture into egg yolks, pour back into mixture. Cook 1 minute. Blend in butter, then vanilla. Cool, stirring occasionally. Pour into pie shell, cover with whipped cream, sprinkle heavily with coconut.

Mary Satow
Hawthorne, Calif.

ANNE'S ANGEL PIE

295

- 1 1/2 cups sugar**
- 6 tsps. grated lemon rind**
- 6 tbsps. lemon juice**
- 4 eggs, separated**
- 1/4 tsp. cream of tartar**
- 1/2 pt. whipping cream**

Whip egg whites until stiff but not dry. Add cream of tartar and 1 cup of sugar gradually. Beat well. Spread in a well greased 9 inch pie pan and bake 1 hour at 300°. Cool. (Don't be alarmed if the shell cracks during the cooling process.) Beat egg yolks slightly. Cook in double boiler with remaining 1/2 cup sugar, lemon rind and juice. Stir while cooking until mixture thickens and looks transparent. Cool.

Whip cream until it stands in peaks, spread half over cooled meringue shell. Put the cooled lemon filling mixture over top of whipped cream layer, then spread remaining half of whipped cream. Refrigerate 24 hours before serving.

Carol Jobe
West Los Angeles, Calif.

RICE KRISPIE ICE CREAM PIE

- 2 cups Rice Krispies**
- ½ cube butter or margarine**
- 2 squares semi-sweet chocolate**
- 1 qt. ice cream**
(coffee or creme de menthe)

Melt butter and chocolate in pan. Add mixture to Rice Krispies. Pour into pie pan and press to bottom and side of pan. Soften ice cream and spoon into crust. Garnish with chocolate curls. Place in freezer until ready to serve.

Aiko Inouye
Los Angeles, Calif.

BUTTERSCOTCH-WALNUT PIE

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- 1 9 inch baked pie shell**
- 1 envelope unflavored gelatin**
- ¼ cup cold water**
- 1 6-oz. pkg. butterscotch morsels**
- 1 3-oz. pkg. cream cheese**
- ½ cup milk**
- 3 egg yolks**
- 4 egg whites**
- ½ cup chopped walnuts**
- ½ tsp. rum flavoring**
- ¼ cup sugar**

Soften gelatin in cold water. Dissolve over boiling water. Over low heat, stir in butterscotch morsels and cream cheese. When the butterscotch is melted, add the milk, egg yolks, walnuts and rum flavoring; beat well. When thickened, remove from heat and chill until slightly set. Beat egg whites until soft mounds form. Add sugar gradually; beat until stiff. Fold into butterscotch mixture. Pour into pie shell. Garnish with whipped cream.

Eiko Iwata
Auxiliary

BANANA CREAM PIE

- $\frac{1}{2}$ lb. marshmallows (approximately 32)
- 1 cup milk
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{2}$ tsp. Knox gelatin
- 1 tbsp. water
- 1 tbsp. lemon juice
- 1 cup whipping cream
- 1 tsp. vanilla
- drop of almond flavoring
- 2 or 3 bananas
- lemon juice

Put the marshmallows, milk and salt in the top of the double boiler and cook until marshmallows have dissolved. Dissolve the gelatin in the 1 tbsp. water and add to the above mixture. Cool mixture by setting over ice water and let thicken until set. Watch carefully so it does not get too set. Add 1 tbsp. lemon juice. Whip 1 cup of whipping cream, add 1 tsp. vanilla and a drop of almond flavoring. Fold into marshmallow mixture. Put half of the filling into a baked pie shell. Cover with a layer of sliced bananas, coat with lemon juice to prevent darkening. Add remaining cream filling. Put in refrigerator and let it finish setting for at least 5 hours before serving. 297

It is best to make this pie early in the day to serve that evening. The bananas do not keep that well to hold pie over the second day.

Mildred Quandt
Montclair, Calif.

FRESH ORANGE TRIFLE

- 4 large oranges
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ to $\frac{3}{4}$ cup orange-flavored liqueur
(Curacao, Grand Marnier, etc.)
- 1 layer (8 or 9 inch) sponge or chiffon cake,
cut into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices

- 1 cup heavy cream, whipped and sweetened**
- 1/4 cup shredded toasted coconut**
- custard sauce**

Cut, peel and remove all membranes from orange. Slice oranges crosswise into 1/4 inch thick slices. Reserve 6 to 8 slices for garnish; cover and chill. Over remaining oranges pour sugar and 1/4 cup of the liqueur. Mix lightly to blend and let marinate at least 15 minutes.

In single layer, place about half the cake which has been cut into 1/4 to 1/2 inch slices in the bottom of a wide bowl (about 3 qt.). Over cake pour 2 to 4 tbsps. of liqueur and half of the custard. Place half of the orange slices and their liquid over the custard. Repeat, using remaining cake, liqueur, custard and oranges. Cover and chill for at least 4 hours. Top with whipped cream and toasted coconut before serving.

CUSTARD SAUCE:

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- 4 eggs**
- 1/4 cup sugar**
- 1/8 tsp. salt**
- 1 tsp. vanilla**
- 2 cups milk**

In top of double boiler, beat together all ingredients. Stir constantly over barely simmering water until mixture thickens and coats a metal spoon (about 15 minutes.). Remove from heat and cool. May add 1 to 2 tbsps. sherry if desired. Chill. Makes 8 to 10 servings.

Tayeko Isono
Auxiliary

CHOCOLATE ICE BOX CAKE

- 1 1/2 dozen lady fingers**
- 20 Campfire marshmallows**
- 1 cup whipping cream, whipped**
- 1 oz. bitter chocolate**

- 1 cup milk**
- 1/8 tsp. salt**

Line sides and bottom of loaf pan with halved lady fingers, round sides out. Prepare filling by steaming marshmallows and chocolate with milk and salt in top of double boiler until mixture is soft. Remove from heat, blend thoroughly and chill. Fold whipped cream into chocolate mixture. Arrange alternate layers of chocolate mixture and lady fingers in the loaf pan. Place in refrigerator and chill 6 hours or more. Serve with additional whipped cream on top. Serves 6 or more.

Frances Yoshiwara
West Los Angeles, Calif.

ICE CREAM CAKE

- 1 large angel food cake**
- 1 pt. Burgundy Cherry ice cream**
- 1 pt. Chocolate Mint ice cream**
- 1 pt. Almond Jamoka ice cream**
- 1 pt. whipping cream, whipped and sweetened chocolate curls**

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Cut cake into four layers. Fill each layer with above ice cream or ice cream of your choice. Frost with sweetened whipped cream; decorate with chocolate curls. Freeze. Remove from freezer 10 minutes before serving.

VARIATION:

Flavor sweetened whipped cream with peppermint extract and tint light green.

Sybil Tapscott
Beverly Hills, Calif.

PUMPKIN ICE CREAM SQUARES

- 1 cup fine gingerbread crumbs**
- 1/4 cup sugar**
- 1/4 cup butter or margarine**
- 1 envelope unflavored gelatin**
- 1/4 cup cold water**
- 1/2 cup pumpkin pie filling**
- 1 qt. vanilla ice cream**

Combine crumbs, sugar and butter. Blend well. Reserve 1/3 crumb mix and press remainder in bottom of 8 x 8 inch pan. Soften gelatin in cold water in a pan. Add pumpkin pie filling and cook over low heat, stirring until gelatin is dissolved. Cool slightly. Stir ice cream to soften, then fold into pumpkin mixture. Spoon over crumbs in pan. Sprinkle remaining crumbs on top and freeze until firm. Serves 9.

Mitsu Sonoda
Auxiliary

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DANISH PUFFS

- 1/2 cup butter or margarine**
- 1 cup flour**
- 2 tbsps. water**

Blend together all ingredients. Divide into two or three balls. Roll into long pieces and spread out on cookie sheet with foil at bottom.

- 1 cup water**
- 1/2 cup butter**
- 1 cup flour**
- 4 eggs**
- powdered sugar**
- food coloring (optional)**
- nuts**

In a saucepan, bring to boil over low heat the water and butter. Add flour, mixing well until the batter leaves the side of the pan.

Remove from heat and beat in eggs, one at a time. Divide into two or three parts and spread over the long rolled pieces, making certain that it is covered completely. Bake at 350° for 40 to 45 minutes.

While still warm, cover with a mixture of powdered sugar and water. Add food coloring, if desired. Sprinkle with nuts.

Stella Kishi
Auxiliary

STRAWBERRY JELLO CAKE

- 1 large angel food cake**
- 1 6-oz. pkg. strawberry Jello**
- 2½ cups hot water**
- 2 small pkgs. frozen sweetened strawberries**
- 1 qt. whipping cream**

Mix strawberry jello with hot water. Add thawed strawberries and mix well. Put in refrigerator to jell slightly. Remove and whip with beater. Fold whipped cream into mixture.

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Remove brown crust off of the angel food cake. Cut or tear cake into bite sizes. Put one-half of cake in the bottom of a large tube pan. Pour ½ of the strawberry mixture over it. Place remaining pieces of the cake over mixture and pour balance of mixture over all. Put in refrigerator until ready to serve. Best to make the night before or early in the day. Don't take out of the pan until ready to serve.

Garnish with slightly sweetened strawberries.

Jane Simmons
Los Angeles, Calif.

PINEAPPLE SQUARES

- 1¾ cups sugar**
- ½ cup melted butter**
- 4 eggs**
- ½ tsp. salt**
- ½ tsp. baking soda**

- 1½ cups flour**
- 1 cup chopped walnuts**
- 1 No. 2 can crushed pineapple, drained**

Mix sugar and butter. Beat well with beater. Add eggs one at a time, beating after each. Add sifted dry ingredients and mix well by hand. Add nuts and drained pineapple. Bake at 350° for 30 minutes in a greased 9 x 13 inch pan. Cool and sprinkle with powdered sugar. Cut in squares.

Michi Shono
West Los Angeles, Calif.

COFFEE ANGEL CAKE

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- 1 round angel food cake**
- ½ gal. coffee ice cream**
- ½ pt. whipping cream**
- 3 tbsps. sugar**
- 1½ tsps. instant coffee granules**

Slice top from angel food cake (about 1 inch). Set aside. Hollow out cake by cutting down into cake 1 inch from outer edge and 1 inch from center. Leave a substantial 1 inch base. Spoon into the cavity softened ice cream, packing carefully. Replace top of cake, press down gently. Place in freezer. Whip cream until soft peaks form, add sugar and instant coffee granules gradually. Frost cake with whipped cream and serve. If re-frozen, it should be defrosted ½ hour before serving. Serves 10 to 12.

Cathy Sonoda
West Los Angeles, Calif.

APRICOT DESSERT

- ½ cup butter or margarine**
- 1 cup powdered sugar**
- 2 eggs, beaten**

- 6½ cups vanilla wafer crumbs**
- 2 cups whipped cream**
- 2 cans apricot halves (1 lb. size)**
- 1 cup chopped pecans**

Melt butter in top of double boiler. Add sugar and eggs. Cook over boiling water until mixture thickens, stirring constantly. Cool. Gently pack $\frac{3}{4}$ of crumbs in 15 x 10 x 1 inch jelly roll pan. Spread filling over crumbs. Spread $\frac{1}{2}$ of whipped cream over filling. Arrange apricots over whipped cream. Sprinkle nuts over apricots. Spread remaining whipped cream over apricots. Top with remaining wafer crumbs. Chill for 24 hours. Serves 8 to 10.

Rose Honda
West Los Angeles, Calif.

MACAROON ICE BOX CAKE

- 1½ doz. macaroons**
- 1 large angel food loaf cake**
- ½ lb. butter**
- ½ lb. powdered sugar**
- 5 egg yolks**
- 1 cup chopped almonds**
- ¼ cup whiskey, bourbon or rum**
- whipped cream**

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Dry macaroons, roll with a rolling pin. Set aside a little for topping. Line loaf pan with wax paper. Cut cake in very thin, lengthwise slices. Place in pan alternately with mixture.

MIXTURE:

Cream butter and sugar. Add beaten egg yolks, almonds and whiskey. Place alternately with crushed macaroons and cake until pan is filled. Refrigerate for 24 hours. Slice, serve with whipped cream slightly flavored with whiskey or frost the cake with plain whipped cream, sprinkled with macaroon crumbs.

Virginia Tominaga
Auxiliary

LEMON PUDDING CAKE

- 1 cup sugar
- 2 tbsps. flour
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{3}$ cup lemon juice
- 1 tbsp. grated lemon rind
- 2 tbsps. melted butter
- 1 cup milk
- 2 eggs, separated

Blend sugar with flour and salt. Add juice, rind and butter. Slowly add milk and beaten egg yolks. Fold in whipped egg whites. Pour into greased casserole dish, set in pan of hot water. Bake at 350° for 35 minutes. Cool and serve.

Virginia Tominaga
Auxiliary

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COFFEE MOUSSE

- 1 $\frac{1}{4}$ tbsps. gelatin
- 2 tbsps. cold water
- 1 cup hot, strong coffee
- $\frac{1}{2}$ tbsp. cocoa
- 2 tsps. (heaping) instant coffee
- 1 cup sugar
- 2 pkgs. lady fingers
- 1 pt. whipping cream and extra for top
toasted almonds

Place gelatin in small saucepan and dissolve in cold water, stir. Add hot coffee, place on stove, stir well until gelatin is dissolved. Add cocoa, instant coffee, mix well, add sugar. Let set until congealed (set over a bowl of ice if in a hurry). Split lady fingers in two, line in souffle dish. Whip whipping cream, add a small amount of it to the gelatin, mix gently but well. Add balance of whipped cream.

If coffee gelatin is too stiff, hold over a pan of hot water. Do not let gelatin get too set or it will lump. Taste and if stronger coffee flavor is desired, add 1/2 tsp. instant coffee. Pour mixture into souffle dish. When ready to serve, decorate with whipped cream with a pastry tube, and sprinkle with almonds. Serves 6 to 8.

Virginia Tominaga
Auxiliary

STEAMED CRANBERRY PUDDING

- 2 tsp. baking soda**
- 1/2 cup molasses**
- 1/2 cup boiling water**
- 1 1/2 cups sifted all-purpose flour**
- 1 tsp. baking powder**
- 1 cup fresh or frozen cranberries**

Add soda to molasses, then stir in half cup of boiling water. Pour into a generous bowl. Sift flour, measure and sift again with baking powder. Combine with molasses mixture. Lightly flour berries before adding to batter. Grease a quart mold, pour in batter, cover tightly with a lid or heavy brown paper and tie. Place mold on rack in boiling water kept at 2 inch level and steam for 2 hours.

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GORGEOUS SAUCE:

Mix in double boiler 1/2 cup sugar, 1/2 cup cream, 1/4 cup butter and cook for 15 minutes. Serve all hot. Pudding may be made ahead of time and warmed in oven while making sauce. Spoon sauce over pudding before serving.

Gervaise Ewald
Toledo, Ohio

FROZEN BUTTERSCOTCH PECAN PUDDING

- 5 lady fingers**
- 1 tbsp. butter**

- 1/3 cup brown sugar**
- 1/4 cup boiling water**
- 2 eggs, separated**
- 1/4 cup pecans**
- 1 cup heavy cream, whipped**
- 1 tsp. vanilla**
- 1/4 tsp. salt**

Split lady fingers and line them in a well greased freezing tray. Combine butter and sugar in a skillet. Cook and stir until sugar is dissolved. Add boiling water and continue cooking until syrupy. Cool slightly, pour over well-beaten egg yolks. Place on top of double boiler and cook, beating constantly until light and thick. Add coarsely broken pecans and salt. Fold into stiffly beaten egg whites. Fold whipped cream into pudding. Add vanilla. Pour over lady fingers and top with more lady fingers. Freeze 5 hours. Remove from tray and cut in slices.

Barbara Belfor
West Los Angeles, Calif.

306

GREEN TEA ICE CREAM

- 1 pt. vanilla ice cream**
- 1 tsp. powdered green tea**

Allow vanilla ice cream to soften slightly. Spoon into electric mixer bowl. Add powdered green tea. Beat until well blended. Freeze until firm.

Trudi Clement
Beverly Hills, Calif.

BANANA POPS

- Firm, ripe bananas**
- Butterscotch topping**
- Chocolate topping**

Colored sprinkles

Shredded coconut or chopped nuts

Cut peeled bananas in halves crosswise and impale on wooden skewers. Place in freezer for 1 hour or until thoroughly chilled. Remove bananas from freezer a few at a time. Dip and roll banana in melted butterscotch or chocolate topping. Shake and twirl banana to remove excess coating. Roll covered banana in colored sprinkles, coconut or nuts. When covering sets, place pops on squares of foil, wrap securely and store in freezer until ready to eat.

BUTTERSCOTCH TOPPING:

1 12-oz. pkg. butterscotch pieces

8 to 12 tbsps. oil

Melt butterscotch pieces in top of double boiler over hot, but not boiling water. Add oil and stir until smooth. Keep warm over hot water while dipping. Makes 12 pops.

CHOCOLATE TOPPING:

1 12-oz. pkg. semisweet chocolate pieces

6 tbsps. oil

Follow above butterscotch topping directions. Makes 12 pops.

Cindy Lusk
West Los Angeles, Calif.

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ANGEL SURPRISE CAKE

1 1-lb. can dark sweet cherries, pitted

1 1-lb. can light sweet cherries, pitted

1 10-inch angel food cake

1 3-oz. pkg. cherry gelatin

$\frac{3}{4}$ cup boiling water

2 cups heavy cream, whipped

$\frac{1}{4}$ cup sugar

1 tsp. almond extract

Drain cherries, reserving $\frac{3}{4}$ cup syrup. Cut $\frac{3}{4}$ -inch slice from top of cake. Hollow out cake, leaving a $\frac{3}{4}$ -inch shell on sides and bottom. Dissolve gelatin in boiling water. Add reserved syrup. Set aside at room temperature $\frac{1}{3}$ cup gelatin for glaze. Chill the remaining gelatin until syrupy. Fold in dark cherries and half of the whipped cream.

Tear into small pieces the cake removed from center. Spoon gelatin mixture into cake shell, layering with cake pieces. Replace top slice of cake. Arrange well-drained light cherries on top. Spoon reserved gelatin over top. (If gelatin has thickened, melt over low heat.) Fold sugar and almond extract into remaining whipped cream. Frost sides of cake with whipped cream. Chill 3 hours.

Makes 10 to 12 servings.

Haru Nakata
Auxiliary

3-LAYERED CREAM CHEESE-JELLO DESSERT

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- 1½ cups butter**
- ½ cup brown sugar**
- 1½ cups flour**
- 1 cup chopped nuts (optional)**
- 1 3-oz. pkg. lemon Jello**
- 1 cup hot water**
- 1 large Cool Whip**
- $\frac{3}{4}$ cup sugar**
- 1 8-oz. cream cheese**
- 1 6-oz. pkg. strawberry Jello or any flavor**
- 3 cups hot water (can be dissolved in 2 cups hot water and add 1 cup cold water later)**

Cream together butter and brown sugar. Add flour and nuts and pat mixture into a 9 x 13 inch pan. Bake at 375° for 10 to 15 minutes or until brown. Cool.

FOR THE FILLING:

Combine lemon Jello and 1 cup hot water. Mix and set aside to cool. Cream sugar and cream cheese together and add to Jello mixture.

Fold into Cool Whip. Pour mixture into crust and chill. To make the topping, dissolve strawberry Jello in 3 cups hot water. Cool. Pour carefully over cheese mixture. Refrigerate until set.

Toshiko Nakashima
Auxiliary

MOLLIE'S EASY-DELICIOUS FUDGE

- 1 8-oz. Hershey's Baking Chocolate**
- 1 6-oz. pkg. chocolate chips**
- 1 can sweetened condensed milk**
- 1 tsp. vanilla**
- 4 to 6 ozs. dry roasted peanuts**

In a saucepan melt chocolate over very low heat. Remove from heat when completely melted. Add sweetened condensed milk and vanilla; mix thoroughly. Distribute nuts throughout. (Other nuts may be used.) Pour into 8 inch square pan which has been greased, lined with wax paper, and greased again. Place in refrigerator until firm. Cut into squares.

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Mollie Pier
Sherman Oaks, Calif.

BUTTER ALMOND TOFFEE

- 1 cup butter**
- 2½ cups sugar**
- 1½ cups unblanched sliced almonds**
- 1 tsp. vanilla**
- 1 9-oz. pkg. semisweet chocolate**
- ½ cup finely chopped walnuts**

In a heavy saucepan combine butter and sugar. Cook over low heat, stirring until sugar is dissolved. Slowly raise heat, stirring and washing down any undissolved sugar crystals on the sides of the pan with a brush dipped in cold water until the mixture comes to a boil.

Remove from stove, stir in almonds. Cook the mixture over moderately high heat without stirring until candy thermometer registers 290°. Add vanilla. Pour mixture into a buttered jelly roll pan at least 12 x 18 inches. Let cool completely.

In the top of a double boiler set over simmering water, melt the semisweet chocolate over very low heat. Spread half of the melted chocolate over the toffee with a metal spatula and sprinkle the surface with chopped walnuts. After the chocolate has set, invert the candy over wax paper. Wipe any excess butter off with paper towel. Spread the remaining chocolate and walnuts on the toffee.

Let set. Break into pieces and store in airtight container.
Makes about 2½ pounds.

Ruthe Wilkinson
Hawthorne, Calif.

CANDIED ORANGE RIND

310

2 oranges
½ lemon
2 cups sugar
water

Make rind strips of two oranges. Cover with water and juice from the lemon. Let stand overnite. Boil for 10 to 15 minutes. Put aside for 24 hours. Then repeat process again without changing water. The rinds are soft when done and a little water remains. Add sugar to water, boil until it thickens. Cool to lukewarm. Take out rinds and lay separately on a plate for a day. When a little dry, sprinkle with sugar several times.

Marjorie Armann
Encino, Calif.

CRAZY CRUNCH

2 qts. popped corn
1⅓ cups pecans

- 2/3 cup almonds**
- 1 1/3 cups sugar**
- 1 cup margarine or butter**
- 1 tsp. vanilla**
- 1/2 cup Karo Crystal Clear Syrup**

Mix popped corn and nuts on a cookie sheet. Combine sugar, butter and Karo syrup in a 1 1/2 qt. saucepan. Bring to boil over medium heat, stirring constantly. Continue boiling, stirring occasionally for about 10 to 15 minutes or until mixture turns a light caramel color. Remove from heat. Add vanilla. Pour over popped corn and nuts; mix to coat well. Spread out to dry. Break apart, store in tightly covered container. Makes about 2 lbs.

Fumi Tsuruda
West Los Angeles, Calif.

BRAN MUFFINS

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- 1 1/2 cups sugar**
- 1/2 cup oil**
- 2 cups buttermilk**
- 2 1/2 cups flour**
- 2 1/2 tsps. soda**
- 1/2 tsp. salt**
- 2 eggs**
- 1 cup Bran Flakes**
- 2 cups K-All Bran**
- 1 cup boiling water**
- 1 cup white raisins**

Mix sugar, oil, buttermilk, flour, soda and salt. Add eggs one at a time. Stir in Bran Flakes. Add water to K-All Bran, combine with mixture. Add raisins. Let stand in refrigerator until ready to use. Fill greased muffin tin 2/3 full and bake at 400° for 25 minutes. Makes 24.

Natsu Tomimatsu
Lomita, Calif.

ORANGE PECAN WAFFLES

- 2 eggs, separated
- 1/2 cup orange juice
- 1/2 cup milk
- 2 tbsps. grated orange rind
- 1 1/2 cups cake flour
- 2 tbsps. sugar
- 2 1/2 tsps. baking powder
- 1/2 tsp. salt
- 1/2 cup chopped pecans
- 6 tbsps. melted butter

In an electric mixer bowl, beat egg yolks until thick and lemon colored. Add orange juice, milk and orange rind. Sift flour, sugar, baking powder and salt. Beat flour mixture into yolk mixture at medium speed. Stir in chopped pecans and butter. Beat egg whites stiff and fold into batter. Pour batter into preheated waffle iron, cook till golden brown. Serves 3.

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Ruthe Wilkinson
Hawthorne, Calif.

BANANA BREAD

- 2/3 cup margarine
- 1 1/4 cups sugar
- 2 egg yolks
- 1/3 cup sour cream
- 1 cup mashed bananas
- 1 tsp. vanilla
- 1 1/2 cups flour
- 1 tsp. soda
- 1/4 tsp. salt
- 2 egg whites, beaten stiff
- 1/2 cup finely chopped nuts
- 1/4 cup finely chopped dates

Cream margarine and sugar thoroughly. Add egg yolks and beat well. Add sifted dry ingredients alternately with sour cream and mashed bananas. Add nuts and dates. Fold in stiff egg whites. Pour into 8 inch sq. pan and bake at 325° for 45 to 50 minutes. Let stand in pan for 10 minutes.

*Mildred Quandt
Montclair, Calif.*

CEVILLAS CORN BREAD

- 2 cups Bisquick**
- 1/2 tsp. soda**
- 1/4 cup plus 1 tbsp. cornmeal**
- 3/4 cup sugar**
- 1 cup melted butter**
- 1 cup milk**
- 2 eggs, beaten**

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Combine the Bisquick, soda, cornmeal and sugar. Add the melted butter, milk and beaten eggs. Pour into greased Pyrex baking pan 9 x 13 inches. Bake at 350° for 30 to 35 minutes.
(1/2 recipe in 8 or 9 inch pan.)

*Sibyl Tapscott
Beverly Hills, Calif.*

WHOLE WHEAT BREAD (Cool rise method)

- 4 1/2 cups unsifted whole wheat flour**
- 2 3/4 cups unsifted white flour**
- 3 tbsps. sugar**
- 4 tsps. salt**
- 2 pkgs. dry yeast**
- 1 1/2 cups hot water**
- 3/4 cup milk**
- 1/3 cup molasses**
- 1/3 cup butter**

Combine unsifted whole wheat flour and white flour. Set aside. Mix together 2½ cups of the flour mixture with sugar, salt and 2 pkgs. dry yeast. Combine in a saucepan the hot water, milk, molasses and butter. Heat until warm. Add warm liquid to dry ingredients. Beat at medium speed for 2 minutes, scraping sides of bowl occasionally. Add ½ cup flour mixture, beating at high speed for 2 minutes.

Stir in enough additional flour to make a soft dough; turn out on a lightly floured cloth. Knead until smooth and elastic. Place in a greased bowl, turning to grease top. Place in a warm place until double in bulk. Punch dough down and divide in half. Shape into loaves and place in 2 greased loaf pans. Brush top lightly with oil. Cover loosely with plastic wrap. Refrigerate at least 2 hours but not more than 24 hours. Remove from refrigerator for 15 minutes before baking. Puncture any large bubbles, carefully, just before baking.

Bake in 400° over for 50 to 55 minutes. Cool on racks.

Sibyl Tapscott
Beverly Hills, Calif.

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BEST EVER MUFFINS

- 3 cups whole bran cereal**
- 1 cup boiling water**
- 2 eggs, slightly beaten**
- 2 cups buttermilk**
- ½ cup salad oil**
- 1 cup raisins (currants or
chopped pitted prunes)**
- 1 7¾-oz. can crushed pineapple, drained**
- 2½ tsps. baking soda**
- ½ tsp. salt**
- 1 cup sugar**
- 2½ cups unsifted all-purpose flour**

In a large bowl, mix bran cereal with boiling water, stirring to moisten evenly. Set aside until cool, then add eggs, buttermilk, oil and fruits and blend well. Sift together soda, salt, sugar and flour. Then stir into

bran mixture. Muffins can be baked now or refrigerate the batter in a tightly covered container for as long as two weeks, baking muffins at your convenience. Stir batter distributing fruit evenly before using. Spoon batter into buttered 2½ inch diameter muffin tins (or use paper muffin cups) filling $\frac{2}{3}$ to $\frac{3}{4}$ full. Bake in 425° oven for about 20 minutes, or until tops spring back when lightly touched. Serve hot. Makes about 2½ doz. muffins.

Toshiko Nakashima
Auxiliary

Potpourri



POTPOURRI



- 319 Barbecue Sauce
- 319 Basting Sauce and Glaze for Ham
- 320 Beef Jerky
- 320 Granola
- 321 Honey 'N Lemon
- 321 Pickled Okra
- 322 Sweet Pickled Cauliflower
- 323 Fruit Compote
- 323 Curried Fruit Bake
- 324 Green Tea Punch
- 324 Russian Tea
- 325 Charleston Eggnog
- 325 Flower Petals Pot Pourri
- 326 Herb Salt
- 326 Calendula Spice

BARBECUE SAUCE

2 tbsps. brown sugar
1 tsp. salt
1 tbsp. paprika
1 tsp. dry mustard
1/4 tsp. chili powder
1 tbsp. Worcestershire sauce
2 tbsps. vinegar
1 cup tomato juice
1/4 cup catsup

Mix all ingredients. Simmer for 15 minutes.
Great over roast beef and other meats.

Elaine Nakata
Torrance, Calif.

BASTING SAUCE AND GLAZE FOR HAM

319

6 ozs. honey
6 ozs. orange juice
1 tsp. soy sauce
Oriental plum sauce

Combine honey, orange juice and soy sauce. Start basting ham with the mixture after it has been in the oven about 45 minutes, continue throughout baking period.

Spread plum sauce on ham about 45 minutes before taking the ham out of the oven.

For decoration around the ham, bake sliced banana and pineapple slices covered with honey.

Jeanne Dunn
Los Angeles, Calif.

BEEF JERKY

1½ to 2 lbs. flank steak

SAUCE:

⅓ cup Worcestershire sauce

¼ cup shoyu

1 tbsp. onion powder

1 tbsp. seasoned pepper (Lawry's)

1 tsp. garlic powder

1 tsp. salt

1 tsp. MSG (optional)

Cut flank steak in thin strips. Marinate in sauce overnight. Place on rack in oven using only pilot light until dried for 2 days and 2 nights.

Kaye Okitsu
Santa Monica, Calif.

320

GRANOLA

1 lb. pkg. old fashioned rolled oats

1 cup wheat germ

¾ cup shredded coconut

1 cup coarsely cut walnuts or other nuts

½ cup corn oil

⅜ cup water

¼ cup honey

½ cup brown sugar

1 cup raisins or other dried fruit

Mix together oats, wheat germ, coconut and walnuts in large baking pan. Combine oil, water, honey and brown sugar and pour over first ingredients. Mix thoroughly. Bake at 350° for 15 minutes. Stir. Continue baking and stir after 10 minutes and then at 5 minute

intervals until done for 40 to 45 minutes. Remove and add raisins. When cool, store in air tight container.

Marian Susuki
Auxiliary

HONEY 'N LEMON

12 lemons

Into a gallon container, place thinly sliced lemons and pour honey over the lemon slices, just to cover. Gently push down lemons, cover with lid, and place in refrigerator for several weeks.

The juice may be diluted with a little water and it is delicious over ice on a hot summer day.

Lemon slices may be served as is as a dessert or over sherbet.

Taeko Hirota
Kumamoto, Japan

321

PICKLED OKRA

6 lbs. okra (approximately)

7 cloves garlic

7 yellow or red chili peppers, fresh or pickled
fresh dill or dill seeds

BRINE:

1 qt. white vinegar

3 qts. water

1 cup salt (NOT iodized)

1/2 tsp. alum

Soak okra in cold water 3 to 4 hours, drain well. Bring to boil the vinegar, water, salt and alum. Sterilize jars. Pack jars with okra. To each jar add: 1 clove garlic, 1 chili pepper, a piece of fresh dill or

1 tsp. dill seeds and pour vinegar mixture over okra to fill jar, seal immediately. Never tighten lid after sealing once. This breaks the seal and causes air to enter. Can be served chilled after 1 week.

This amount of liquid makes enough for approximately 7 qts. of pickles depending on size.

Crispy, crunchy and different.

Shizu Kato
Los Angeles, Calif.

SWEET PICKLED CAULIFLOWER

2 medium heads cauliflower

1 large dry onion

$\frac{3}{4}$ cup salt

1 tbsp. tumeric

2 tbsps. dry mustard

$1\frac{1}{2}$ to 2 cups sugar

$3\frac{1}{2}$ cups vinegar

1 cup water

2 tbsps. white mustard seeds

1 tbsp. celery seeds

$\frac{1}{2}$ tsp. crushed hot red pepper

Wash, drain and break cauliflower into small flowerettes. Peel onion and slice into medium strips. Dissolve salt in 3 qts. cold water.

Pour over the vegetables, add more water to cover, if necessary.

Use plate to hold cauliflower under brine solution.

Let stand 12 to 15 hours. Drain.

Mix tumeric and dry mustard with sugar. Add vinegar, water, mustard and celery seeds and hot red pepper. Bring to boil, add vegetables.

Bring to boil again. Do not over cook. Vegetables must be crisp.

Quickly pack hot vegetables into sterilized hot jars.

Reheat liquid to boiling. Pour into jars. Seal at once.

Makes about 3 qts.

Marian Susuki
Auxiliary

FRUIT COMPOTE

- 1 No. 1 can pear halves**
- 1 No. 1 can peach halves**
- 1 No. 1 can apricots**
- 1 No. 1 can dark sweet cherries**
- 1 No. 1-14 oz. can purple plums**
- ¼ cup brandy or orange flavored liqueur**

Drain fruits, reserving ½ cup peach or apricot syrup. Place fruits in compote dish or other serving dish. Add reserved syrup, brandy or liqueur. Cover and chill for several hours. When serving hot, bake in 350° for 20 to 30 minutes in a casserole. Add brandy just before serving.

Will go well with turkey and other meats. Serves 12 to 14.

Mitsu Sonoda
Auxiliary

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CURRIED FRUIT BAKE

- 2 lg. cans peach halves, drained**
- 1 lg. can pineapple slices, drained**
- 1 lg. can pear halves, drained**
- 6 Maraschino cherries with stems**
- ½ cup butter**
- 1 cup brown sugar**
- 5 tsps. curry powder**

Preheat oven to 300°. Meanwhile, drain fruits on paper towels and dry well. Arrange fruit in shallow 1½ qt. casserole. Add no juice. Melt butter, add brown sugar, and curry powder. Spoon over fruit, bake for 1 hour uncovered. Refrigerate overnight. Before serving, reheat casserole in 325° oven for 30 minutes. Serve hot in chafing dish or casserole. Will go well with meat and especially nice for buffet type serving.

Jan Melzer
Minneapolis, Minn.

GREEN TEA PUNCH

- 3 tbsps. green tea**
- 3 cups boiling water**
- 3 oranges**
- 3 lemons**
- 1½ cups pineapple juice**
- ¾ cup powdered sugar**
- ½ cup dark rum**
- 3 bottles champagne**
- orange and lemon slices**

Pour boiling water over green tea and let mixture infuse for 5 minutes. Strain tea and let it cool. Add juice and grated rind of oranges and lemons, (may use less grated lemon and orange rind to suit taste) pineapple juice, powdered sugar and rum. Chill mixture for at least 3 hours. Strain the liquid into a punch bowl over a piece of hollowed out block of ice. Add champagne and garnish with orange and lemon slices.

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Kazie Kato
Los Angeles, Calif.

RUSSIAN TEA

- 1 cup orange flavored drink (Tang)**
- ⅔ cup instant tea mix**
- 1 env. instant lemonade mix**
- ½ tsp. cinnamon**
- ¼ tsp. cloves**
- 4 qts. boiling water**

Combine all ingredients and mix well. Refrigerate for several hours before serving. Serves 16.

Rose Shiba
Auxiliary

Other leaves may be used — carnations, geraniums, heliotrope, honeysuckle, lavender, lilac or spice pinks. Small jars of the blend make lovely gifts.

Lorraine Funke, M.D.
Los Angeles, Calif.

HERB SALT

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Small Amount

6 tbsps. un-iodized salt
1/2 tsp. garlic powder
1/2 tsp. marjoram (dried)
1/2 tsp. powdered ginger,
or curry powder
1/2 tsp. dried thyme leaves
1 tsp. dried parsley
pinch red cayenne pepper
or chili powder
1/4 tsp. celery salt
1/8 tsp. dill seed
1 tsp. dry mustard

Large Amount (for gifts)

5 lbs.
1/4 cup
1/4 cup
1/4 cup
1/4 cup
1/2 cup
1/2 oz.
1/8 cup
1/2 oz.
1/4 cup

Mix all ingredients in large bowl. Place 1 cup in blender at a time, blending at low speed 1 minute, with cover on. Excellent in soups, stews and casseroles. Place in small glass jars, label and tie with a bow, for gifts. (Include the recipe).

Lorraine Funke, M.D.
Los Angeles, Calif.

CALENDULA SPICE

Strip 1 or 2 cups of petals off of calendula flowers. Spread on cookie sheet and dry at low temperature in oven until crisp. Crumble, store in closed jar away from light. Sprinkle to color and flavor salads, mashed potatoes, cream sauces, noodles, soft custards or cornstarch desserts.

Robert Funke, M.D.
Los Angeles, Calif.

GLOSSARY

Abura Age — fried bean curd
Ae Mono — cold salad type (vegetables)
Ao Nori Ko — finely flaked seaweed
Aji — Spanish Mackerel
An or Anko — puree of cooked red beans
Azuki — Japanese red beans
Beni Shoga — red pickled ginger root
Bok Choy — Chinese cabbage
Buta — pork
Chi-Chi — milk
Chung Choi — Chinese dried turnip
Cha Shu — Chinese style barbecue pork
Chikuwa — fish cake
Chirashi Sushi — vinegar flavored rice
Daikon — Japanese white radish
Dango — dumpling
Dashi — soup stock
Dashi no moto — pre-packaged soup base
Date Maki — egg roll
Donburi — a deep bowl
Dow See — fermented salted black beans
Ebi — shrimp
Filo — thin pastry dough
Fu Nyu — fermented soy bean cake
Futonaga udon — thick, broad noodles
Goi Choy — Texas greens
Gobo — burdock root
Goma Abura — sesame seed oil
Gomame — small dried fish
Gyoza — panfried filled won ton
Hakusai — Chinese cabbage

GLOSSARY (continued)

Hanakatsuo — dried bonito fish flakes

Harusame — bean thread noodles

Hichi Togarashi — 7-spice seasoning

Hikiniku — ground meat

Hiya Mugi — thin noodles, usually eaten cold

Hoi Sin — Chinese plum sauce

Hom Yu — salted fish

Hyssop — highly aromatic, pungent leaves of a European mint

Ika — squid

Ikari sauce — Japanese Worcestershire sauce

Iriko — dried small fish

Ise Ebi — lobster

Imo — potato

Jagaimo — white potato

Kamaboko — fish cake

Kanpyo — dried gourd strips

Kanten — Japanese gelatin made of agar-agar

Katakuriko — potato starch

Katsuobushi — bonito fish flakes

Kazunoko — herring roe

Kobumaki — rolled or tied seasoned seaweed

Kasuzuke — sweetened rice wine residue used for vegetable pickling
and to cure fish

Kinshi Tamago — beaten egg, fried and sliced thinly

Kombu — seaweed or kelp

Konnyaku — tuber root cake

Koshi an — puree of cooked red beans

Kuri — chestnut

Kuri Kanroni — chestnuts in heavy syrup, chestnut dessert

Kuri Kinton — dessert made of sweetened chestnuts and
mashed lima beans

Kuromame — black beans

Kurumi — walnut

Lop Cheong — Chinese sausage

Mai Yen — blend of seasonings designed to enhance the natural flavor of most foods

Matai — water chestnuts

Matsutake — fresh mountain mushrooms

Mirin — sweet rice wine

Miso — soy bean paste

Misozuke — soy bean paste medium used in making vegetable pickles and to cure fish

Mitsuba — Japanese watercress, trefoil

Mochi — glutenous rice cake

Mochigome — glutenous rice

Mochiko — flour made from glutenous rice

Moyashi — bean sprouts

MSG — mono-sodium glutamate

Nabemono — casserole dish

Namasu — marinade for raw vegetables

Nappa — Chinese cabbage

Nasu — Japanese eggplant

Negi — green onions

Niku — meat

Nimono — cooked food

Nizakana — cooked fish

Nori — seaweed

Oboro Ebi — dried flaked shrimp

Ohagi — rice dumpling dessert

Onigiri — rice balls

Osumashi — clear soup

Ozoni — New Year's soup

Panko — bread crumbs

Ponzu — citron sauce

GLOSSARY (continued)

Rakkyo — pickled Japanese scallions

Ra-yu — red chili pepper seasoning in sesame oil

Renkon — lotus root

Sake — rice wine

Saifun — thin bean threads

Sai Min — thin Chinese egg noodles

Sato Imo — Japanese potato, taro root

Sashimi — sliced raw fish

Senbei — rice cracker

Sekihan — steamed sweet rice with red beans

Shamoji — a large wooden spoon, a spatula

Shiitake — dried mushrooms

Shiratake — yam noodles or thread

Shoga — fresh ginger root

Shoyu — soy bean sauce

Silkochu — hot pepper

Soba — buckwheat noodles

Somen — Japanese vermicelli

Su — rice vinegar

Su Miso — vinegar and miso sauce mixture

Suimono — soup

Sunomono — a pickled dish

Sushi — vinegar flavored rice

Suribachi — corrugated earthenware bowl (and wooden pestle for grinding)

Tai — perch (white fish)

Takenoko — bamboo shoots

Tamago — egg

Tamago yaki — egg omelet

Tama Negi — dry onion

Tare — soy sauce glaze

Tempura — seafood or vegetables dipped in batter and deep fried

Teriyaki — marinated and broiled meat, fish or chicken

Tofu — soy bean curd cake

Tororo — grated Japanese mountain yam

Tsubushi An — mashed red beans

Tsukemono — Japanese pickle

Tsuyu — soup, broth

Umeboshi — pickled Japanese plum

Udon — noodles

Unagi — eel

Wasabi — green horseradish (powdered)

Wok — Chinese frying pan

Won Ton Skin — thin noodle-like dough

Yasai — vegetables

Yokan — a sweet bean confection

Yosenabe — an oriental bouillabaise

Yudofu — boiled soybean curd cake

Under the cherry-trees,
On soup, and fish-salad and all,
Flower petals.

芭蕉

Basho

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